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30
YEARS

HITTING
THE POTHOLES

A swimming spot's future
PAGE 36

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Amy Knapp, Shelburne
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Superhero power: Inspiring curiosity about the world. Life can be so exciting when you don't know all the answers!

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Amy says: "The natural world is the perfect learning space. Children can explore themselves, take risks and be physical while exploring the wetlands, woods and gardens of our 250-acre outdoor classroom!"

Laurie Fisherty, Wataraury
Founding Director, ABZ: Active Body, Active Brain, Creative Movement-based Curriculum

Superhero power: Her passion for teaching. "It never feels like work—it is always just pure joy!"

Good deed done: Laurie has never turned away a child or school program because of the inability to pay for her program, to the benefit of hundreds of children and families in Washington County.

Laurie says: "My hope for the future is that every child is motivated, body, mind and spirit—so that one day he can thrive."

EARLY CHILDHOOD
SUPERHEROES

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FOCUS ON THE FIRST YEARS

Cheryl Matthews, Vernon
Children's House Director,
Hilltop Montessori School

Superhero power: Putting herself in the minds of young learners. No matter where she goes, she imagines how a young mind might view the experience!

Good deed done: Encouraging learning, development and independence in each of her students while helping them feel loved and proud of their accomplishments.

Cheryl says: "I found my calling 30 years ago and have never wanted to leave. Every child is different, so there has never been a dull moment!"



Christine Nelson, North Troy
Director, Mountain View
Child Care

Superhero power: Seeing potential in others that they haven't yet seen themselves—and helping them realize it.

Good deed done: Going above and beyond to ensure that children and families have the services they need—whether in health, transportation or other wrap-around care.

Christine says: "We need to build a culture in our state and communities that recognizes each child as a critical investment in our future. Children should be our top priority!"



Leah Davis, Kids in Green
Coordinator, Washington State Department of Ecology
Stephanie Adams, ABZ: Active Body, Active Brain,
Creative Movement-based Curriculum
for Washington State Department of Ecology

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MAGNIFICENT 7

MUST SEE, MUST DO THIS WEEK
COMPILED BY KRISTEN BAYIN

HYPNOTIZING HARMONIES

HYPER HARMONIES
The *Alibi* goes on through the republic of Tiers, situated in southern Spain. Inspired after the body of water the musical duo Audius (and) has been exploring American audiences for its traditional style of throat singing since 2006. Frequenting multiple pitches at once, Andy Dornik, Orlan, Agnès and Sara and Jean-Sébastien, immerse listeners with two-toned tunes, woven with subtle Western influences.

with CALENDAR LISTING ON PAGE 24

SEE CALENDAR LISTING ON PAGE 54

WEDNESDAY 26-WEDNESDAY 27
Gnarly Party

The 42nd annual **Marine Military Carnival** is a charitable society membership for the whole family. Theme: "All Stowed In," this 18-hour fest for two centuries has 20 water activities, ranging from ice-creaming demonstrations to basketball to skating. Any donations in the crowd? Catch some wine in the Dive & Ice Bar, jam for sailors and coasters.

SEE CALENDAR LISTING ON PAGE 60

3
WEDNESDAY 27
Family Reunion

Shirley Stille follows the full production of *Travis* with another exploration of the complexities of family. *Travis* follows *McHale's* crime *McHale's* and *Some* examines what can happen in a seemingly perfect clan when the past makes an unwelcome appearance in the present. The *Travis* Award is made up of many parts, this one of the most difficult.

SEE CHALLENGE LISTING ON PAGE 10

4 SATURDAY 23
Eat Up

The town's Mountain State-classified, have an off season when it comes to fresh local foods. But the Capital City Winter Farmers Market and the Huntington Winter Farmers Market offer a bounty of locally produced, nutritious, seasonal purveyors. With locally sourced brands, the area synopses vegetables and more. Shoppers find shortages of fresh local produce brands.

SEE CHALLENGE LISTING ON PAGE 54.

5 SATURDAY 23
Serious Cinema

Male buffalo who roamed last year's Vermont Independent Film Festival are back. The Western Independent Film Foundation, in partnership with Middlebury College, offers a bonus screening at **The Last of Silence**. Hailed as one of the best of the best, this 2014 documentary follows survivors of the Indian wars generally, serving winners plenty of food for thought.

SEE CALUMNEE LISTING ON PAGE 54

6
SUNDAY 24
Acoustic Twosome

Creecher are no strangers to big crates and loud sounds. Now platinum-selling singer and guitarist **Doni Lowery** and **Johnny Hickman** wrap it up with a stripped-down set featuring punk- and country-inspired tunes from their 2014 posse album *Reverence* to close out.

SEE INTERVIEW ON PAGE 14

7 **ENDING**
 Study Report

When co-designing artist **Joseph Kuternek's** series "Dark Woods," one can almost picture Lila Be Red Riding Woods (Big Red Wolf) lurking in the shadows. On display at the Woodstock Studio Center (near 100 small 1-penny bags) deep I woodlands near Kuternek's home. What Bees walk among the trees is left to the viewer's imagination.

DOI: 10.1002/for



Nasal Strip Technology for Toenail Pain Relief

Our feet often carry us miles a day, and every step can hurt if you suffer from an ingrown, or excessively curved toenail. There is relief that doesn't include an insurance trip to the podiatrist for removal of the problem nail.

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Standing before an slanting crowd of Vermonters last May on the shores of Lake Champlain, Sen. **BEN STOKOLS** (D-VT) made a vow few thought he could keep.

"We're going to build a movement of millions of Americans who are prepared to stand up and fight back," he pledged, as a warm sun beamed over the shoreline.

Eight months later, Stokols stands on the verge of delivering the "political revolution" he promised at his presidential campaign kickoff.

After catching up to rival **MILLARY CLINTON** in Iowa, Stokols now leads her in New Hampshire by a margin of 60 to 35 percent, according to a poll released Tuesday by CNN and WMUR-TV. He turned in his strongest debate performance to date Sunday night in Charleston, SC. And, in perhaps the closest indication of his growing momentum, he has succeeded in ousting Clinton's campaign, which has revealed with a sense of fear, anger and surprise reminiscent of her early losses to **BARACK OBAMA** in 2008.

Speaking last Thursday at Dartmouth College in Hanover, NH, Stokols reflected on how much had changed since his May announcement.

"We were running against a candidate who was deemed by the media and the establishment to be inevitable — someone — someone of the Democratic Party," he told a capacity crowd at the college's Assembly. Anderson, NH, a lot has changed. It turned out that what was considered to be inevitable may not be quite so inevitable."

Half an hour earlier, Stokols' motley crew of senior aides — campaign manager **JAY LUNDAHL**, consultants **DR. DEYNE** and **MARK LUNDAHL**, Senate chief of staff **MICHAEL CHOWELL**, and spokesman **MICHAEL BRIDGES** — lingered upstairs, outside a faculty lounge where the candidate had just finished a press conference. Deemed modest about the Clinton campaign's reaction to his Stokols' high new television ad implying that the former secretary of state was beholden to Wall Street.

"It seems like every day they want to have a conference call to attack us," the veteran strategist said. "I think they're deeply concerned about what's happening in Iowa, New Hampshire and elsewhere." They should be.

Sure, the early states are littered with Clinton's high-profile consultants and high-profile strategists — not to mention the lower-profile ones, such as Vermont Gov. **PHILIP WATKINS**, who stomped for her last week in Iowa. Clinton continues to dominate traditional campaign strategy,

such as congressional and institutional endorsements. On Tuesday, she added the LGBT group **HUMAN RIGHTS CAMPAIGN** to her long list of supporters.

But Clinton is suffering from a palpable exhaustion gap. A recent Quinnipiac University poll showed that while the two candidates are statistically tied in Iowa, nearly every top money donor from 2008 they were asked to take part in the February 1 caucus would Clinton backers.

"Ben Stokols certainly has more enthusiastic supporters than Clinton does," says University of New Hampshire Survey Center director **ANDREW SMITH**, who conducted the CNN/WMUR poll. "It's winning the battle inside within the party and within the primary electorate, so far. I think the Clinton campaign has to be nervous and concerned about that."

SANDERS NOW LEADS CLINTON 60 TO 33 PERCENT IN NEW HAMPSHIRE

Newbury was that dynamic more evident than on Sunday's debate, the fourth and final engagement between Stokols, Clinton and former Maryland governor **MARTIN O'MALLEY** before voting begins. Stokols kept the focus on Clinton's Wall Street ties and turned her attacks on his single never health care plan to his own advantage, calling it "a Republican critique."

After largely ignoring Stokols at last month's New Hampshire debate, Clinton changed tack Sunday and accused him of disloyalty to Obama.

"Sen. Stokols called me 'traitor,' 'disappointing,'" she said with righteous indignation. "The event, in 2011, publicly sought someone to run in a primary against President Obama" (she neglected to mention that she was the only one on the stage who had actually run against the guy).

Clinton's corner correction made sense, particularly in a debate hall filled with South Carolina Democrats who remain loyal to the man they chose over her in 2008. But as New York Times columnist **MICHAEL KROGER** tweeted that night, "Hillary Clinton is extremely knowledgeable, but she's in effect calling for continuity at a time when lots of people want discontinuity."

Indeed, says veteran Iowa observer **DAVID TAPSCOTT**, "It's pretty clear that activists at both ends of the political spectrum are angry and are looking for a candidate to champion."

You might say they're looking for a political revolution.

Seven spent 34 years covering nine presidential caucuses for the *Des Moines Register* — and even he's surprised by the state of play fewer than two weeks before voters pick their candidate.

"I don't know anybody in America who had predicted this sort of chaotic, fluid and chaotic scene having credible chances of winning the Iowa caucuses," he says, referring to the front-running Republican red state mogul.

After a disappointing third-place finish in Iowa in 2008, Team Clinton is leaving little to chance. Cling on someone's nose, the Times reported Tuesday that "as much as 90 percent of the campaign's resources are now split between Iowa and [Clinton's] Brooklyn headquarters."

The campaign clearly recognizes that in America's strange and perilous presidential election, which extends from February through June, success builds on success and failure builds on failure.

Stokols, it seems, is prepared for the long haul. His campaign has deployed staffers to each of the 12 states that like Vermont, vote March 1. And Devine, the senior strategist, says he expects the flow of small dollar contributions to sustain the campaign far longer than those of previous insurgents.

Though pundits continue to write Stokols off as appealing only to northern, white liberals, Stokols hasn't been shy about campaigning outside his comfort zone. He visited the Super Tuesday state of Alabama on Monday and managed to fill a Birmingham arena with 3,000 supporters — not including the 1,600 who watched the rally on a screen outside.

"There must be a mistake," Stokols told his audience. "Somebody told me Alabama is a conservative state."

Of course, it's foolish to speculate about Stokols' chances in a place like Alabama when the earliest voting states remain so unsettled.

"If he loses in Iowa and New Hampshire, I think it's pretty much over," says Smith, the UNH pollster and professor. "If he wins those two states, I think he very well could be the nominee."

Much may depend on the organizational prowess of the Sanders campaign, which must court those enthusiastic supporters into 1,600 individual caucuses and ensure they understand Iowa's bizarre candidate-selection process. According to that same Quinnipiac poll, 66 percent of Sanders supporters said they had never attended a caucus before, while only 36 percent of Clinton voters said the same.

"Will they show up at a caucus on a cold night and go to a neighborhood meeting and spend a couple hours? That's the big question," Vipera says. "I think they will."

Win or lose, Sanders has already succeeded at two things: He has established himself as the preeminent voice of the progressive movement, edging even Sen. Elizabeth Warren (D-Mass.).

And, for more importantly, he has ignited a national policy debate over the issues he cares most about: income inequality, campaign finance reform, trade, climate change, and universal health care, to name just a few.

Back in September 2014 — well before he joined the race — Sanders blasted that inspiring such a debate might be reason enough to run.

"Obviously, if I got into it, it wouldn't get into it unless I thought I could win," he told *Seven Days* at the time. "But your point is, 'Can you win even if you don't win?' And the answer is 'yeah.' You know, if you're educating tens of millions of Americans, if you're electing delegates — you know, if I chose to run as a Democrat — are you missing political consciousness at the time? Political consciousness in America is very low. So the answer is, That is an interesting point."

Patt Down

For two years, the Vermont Senate initiated calls to establish an internal ethics panel empowered to investigate complaints against sitting senators. But after the suspension two weeks ago of Sen. **BOB MCALISTER** (D-Franklin) for alleged sex crimes, Senate leaders reversed course.

At a meeting of the five-member Rules Committee last Thursday, Senate Minority **SEN. ROBERT A. PATT** presented a trio of proposals that would, in addition to creating such a panel, require members to publicly identify their employers and the boards on which they serve.

One problem: The employment disclosure measure is based on one adopted by the House in May 2014 — and it's mired with loopholes.

As *Seven Days* reported last year, the House measure was intended to increase transparency by highlighting potential conflicts of interest. But the paper discloses forms filed out by members were never digitized and are available only in the House clerk's office.

The forms the clerk has had in shed much light. Thirty-eight of 150 House members identified themselves as "self-employed." Few of those elaborated on what they actually do for a living or whether they derive income from contacts with business before the state.

Cue in Point Rep. **AVIAN PATT** (D-Warrenton). The retired Washington Electric Co.-Op general manager disclosed last January that he served as three

boards without pay, including Vermont Business for Social Responsibility and worked as a "self-employed consultant."

Patt did not volunteer the identities of his clients, nor was he asked to.

Two months after he submitted the form, he was hired by Vermont executive director of VtBiz, which is heavily involved in the legislative process and employs a Senate house lobbyist. That, who left the job in October, and he "made clear to everybody" at the organization that he could not get involved in its public advocacy.

"I think, in a state's legislature, it's OK because pretty much anybody may be working at a job that at some point or another may be directly impacted by the work the legislature does," he says. "The biggest thing in disclosure is..."

But Patt never officially disclosed his new gig. That's not his fault: House members are required to fill out the form only once every two years.

"If we were asked to do one annually that would certainly be on it," he says.

Patt says he recognizes the system's flaws and would support additional disclosure measures.

"We need to find the right balance for a citizens' legislature that encourages people to participate but at the same time lets us know what their interests are and how they make a living," he says.

We'll see if the Senate Rules Committee, which meets again this Wednesday, can find that balance.

Media Notes

After 36 years at Vermont PBS, senior executive producer **JOE MERRIN** plans to retire in April, he announced last week over social media.

A behind-the-scenes player, Merrin is best known in media circles for his role producing "Vermont This Week," the Friday news roundtable featuring state reporters. He has worked for the program since directing an debut episode in 1982.

Joe Merrin has been a part of Vermont PBS for as long as I've been watching. Vermont PBS says boss **JOANMY LORITZ**. "I mean, he's Vermont This Week."

The circumstances surrounding Merrin's departure aren't entirely clear.

"It was a big surprise," Loritz says. Merrin declined an interview in request but Vermont PBS CEO **MALLY GOSWAMI** and Merrin's retirement was "a personal decision."

"We're working collegially together as how to transition," she said.

Greenecher and he was too soon to say whether "Vermont This Week" would make any changes to its format. ☐

Disclosure: Paul Hantz is an occasional paid guest on "Vermont This Week."

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Will They or Won't They? Decision Nears on Legalizing Marijuana

BY TERRI HALLENBECK

Bill Ledy went before the Senate Judiciary Committee on Wednesday to make a case for why it's a good idea to tax and regulate—rather than prohibit—recreational marijuana.

"Didn't you used to be somebody?" committee chair Dick Sears (D-Barnet) asked him jokingly.

Ledy did. He served as Gov. Peter Shumlin's chief of staff. He's now a lobbyist at the Vermont Cannabis Collaborative, a group of Vermont entrepreneurs pushing the state to legalize marijuana this year.

There are definitely some heavy hitters on the pro-pot side of the debate. Ledy wants it. So does his old boss, Shumlin, who called for passage in his State of the State address. The bill itself is currently on the shambles of a committee chaired by one of Shumlin's closest friends in the legislature—Sears.

Sears and Shumlin served together on the Senate for 14 years. They're buddies on the football field and Sears, who campaigned for Shumlin, is a powerful figure in this agonizing.

Is marijuana legalization a done deal, right?

Not so fast. Powerful forces are at work on both sides.

Sears conceded that he and Shumlin have helped each other on many issues, but Sears noted he has not always marched on lockstep with the governor, notably voting against end-of-life patient choices in 2013 and last year's school-consolidation bill.

"I'm not exactly a puppet," said Sears, who's been in the Senate 24 years. The 72-year-old also volunteered that he has smoked marijuana since he was elected to the Reconstructionist Church in 1987. "I didn't want that headline in the *Barnet Record*," he said.

When Shumlin summoned Sears as adviser of the State of the State to talk about marijuana, the senior senator said he promised only that his committee would consider a bill. Sears said he was concerned to legalize marijuana unless it will put a big dent in the drug's black market. Can it do that? "I don't know," Sears said last week.

Sears' House counterpart, Rep. Muzina Gail (D-Morrisville), will be a tougher sell. "I'm not clear about why we are doing this," Gail said last week. "I have a lot of questions."

Sears' next move.

Sears' horse-town police chief told legislators last week that Vermont is not ready to legalize marijuana. A new Department of Health study points a bleak picture



Sen. Shumlin (left) speaks with Sen. Sears (center) and other legislators (right) about the bill.



Sen. Dick Sears speaking at a hearing on legislation to legalize marijuana.

of the potential health effects. Doctors, school counselors and the Vermont League of Cities and Towns are urging legislators to say no.

Next week opponents plan to launch newspaper ads that warn of dangers and ask Vermonters to tell their legislators in opposition, said Kevin Ellis, a Vermont Statehouse lobbyist working with State Approaches to Marijuana-Vermont and the Burlington Boys & Girls Club. "I don't think government should endorse this. It ruins lives," he said.

On the other side, a different set of drug counselors and doctors—including

the state health commissioner—join in the argument that prohibition has failed and that taxing and regulating marijuana will provide more money to treat existing drug addiction. A team of Vermont business people, with Ledy as their lobbyist, is highlighting opportunities for the state to be on the forefront of marijuana research.

Vermont Cannabis Collaborative and the Marijuana Policy Project will both be running online ads urging Vermonters to tell their legislators in support.

"Under current prohibition laws, marijuana isn't controlled, so consumers don't know what they are getting. It is sold by criminals who don't ask for proof of age," states a Marijuana Policy Project online ad featuring former state attorney general Kim Chazy.

Which side will prevail? Around the Statehouse, versions of some of the state's thorniest issues give legislators about a 50-50 chance. Whatever happens, it will unfold quickly: Sears has set a January 29 deadline for a vote on the bill.

If Sears ends up saying "no" to whatever bill emerges from his five-member

committee, it's likely doomed. His disappointment would be a sign to other legislators that the bill is not ready.

Another way it could die: if the bill gets stuck in the largely conservative Senate Transportation Committee under Sen. Dick Sears (D-Grand Isle).

Shumlin won election to Vermont's top job with the help of campaign contributions from the Marijuana Policy Project and the National Organization for the Reform of Marijuana Laws. He'll be sworn next year, the governor might go to the mat for them one last time, to make Vermont the first state to legalize marijuana by legislative action. Colorado, Washington, Oregon and Alaska have done it by public vote. Another five, including Massachusetts and Maine, are expected to vote in November on public referendum to legalize the drug.

Shumlin has already proven his ability to twist arms and win votes on issues such as same-sex marriage and the Vermont Nuclear nuclear power plant shutdown. He's used that same kind of muscle to make legislation pass, and House Speaker Rep. Keith (D-Morrisville). "This bill is not going to pass unless the governor is 100 percent advocating to get it done, and even then, it might not," said Smith, who agrees with Shumlin on legislation but said many are resistant. "We can't be impenetrable."

Shumlin said Friday that he still sits working with Sears' committee to come up with "the right fix." Once they're settled on the details, he said he expects that a majority of legislators will support. "We can't expect legislators to say this idea is better, unless they know what you're talking about," he said, acknowledging that support for legislation will depend on the actual language in the bill.

Shumlin has lined five seats for successful legalization. Legislation must wipe out the black market, marijuana must be kept away from kids, revenue must be used to expand drug-prevention programs, enforcement of drug laws must be strengthened and marijuana sales are a no-go because they make it too easy to overdose.

Aided by Sears' Dept. head, he'll ensure those goals, Shumlin said a number of years ago. Shumlin said he's clear the bill's not looking for hard push that the black market will be crushed. Instead, he reasoned, if the tax on marijuana is low enough to keep the price of legal marijuana below dealer prices, "That's going to drive the black market out."



And Skaneateles isn't insisting on roadside drug testing similar to that for drunk driving. (Such a test is not yet widely available.) He is instead looking for more policies to be treated as drug-recognition experts. There are now 36 such officers statewide.

Skaneateles, who last year described himself as personally having "been there, done that" as a marijuana user, said his support of legalization doesn't mean he endorses consumption.

"I don't think Vermonters should be smoking pot. I don't think Vermonters should be drinking alcohol to excess. I certainly don't think Vermonters should be smoking tobacco," he said. "But we're dealing in a world where Vermonters are smoking more pot than [people] in other states."

The governor has the support of his health commissioner, Dr. Harry Chao. "I don't necessarily think we have a great system of regulation now, meaning no regulation," Chao said. "It kind of makes sense, what he's trying to do."

THIS BILL IS NOT GOING TO PASS UNLESS THE GOVERNOR IS 100 PERCENT ADVOCATING TO GET IT DONE AND, EVEN THEN, IT MIGHT NOT. HE CAN'T BE AMBIVALENT AT ALL.

SHAP SMITH, HOUSE SPEAKER

Chen's support comes despite a health-impact assessment his department released last week that indicates marijuana would be detrimental to the health of users. The report lists 22 health indicators and concludes that marijuana use would worsen conditions in 16 of them, including depression, anxiety and heart problems. The report also says that the academic performance of young people suffers as a result of marijuana use.

Like Skaneateles, Chen drew an analogy to cigarettes. He's not endorsing marijuana, but his job is to warn of the dangers while dealing with the reality, he said.

If the state legalizes marijuana, the health department report recommends banning edibles and establishing a blood-alcohol limit for THC — the principal psychoactive ingredient in marijuana. But there is no widespread agreement on what that number should be.

Seas' committee has been quizzing witnesses on these issues — and, this week, is breaking the state to hold five public hearings. By Friday, Seas plans to cut off testimony and start writing a bill.

Although the banking and tax issues will fall to the Senate Finance Committee, Seas' bill set the basic framework for how legislators would work: who can grow it and how much, where it can be sold and by whom, and how the state would monitor it.

Such legislation is complicated by the fact that marijuana is illegal under federal law.

Usually, as the heat turns up, Seas looks amiable and likable. Despite that, he acknowledges, he lives being in the middle of the conflict. "It's a challenge," he said with a smirk. And his committee has navigated plenty of complex and divisive issues, such as end-of-life patient choice, genetically modified foods, child protection and gun control.

Member senators Jessica White (D-Walton) and Joe Manning (R-Caldwell) have proposed allowing 100 square-foot marijuana plots for personal use, those still see Seas as too big. Seas also wants to include a relatively dense, easy way for Vermont municipalities to vote whether to allow marijuana sales within their limits.

When Bennington Police Chief Paul Donohue argued that the state isn't ready for legalization, Seas was listening. Bennington County has no drug-recognition experts, Donohue told the committee. Seas said he thinks each county should have at least three.

A decade and a half ago as the legislature was considering civil unions, the precursor to same-sex marriage, Seas said his vote turned out as what he heard at a public hearing in Bennington. "I realized it had support with my constituents."

He was all ears again as Monday at a public hearing about marijuana in Bennington. But Seas said he didn't find the same clarity. "I think it was 80-80," he said of those for and against legalizing pot. Seas and he heard a lot of calls for the state to go slowly. "Whatever proposal we came up with will not be effective July 1, 2016," he said. "I think it takes longer to set up the infrastructure," he said.

Seas' representative Gral said the push from the public to legalize has been underwhelming. It's September now, in California, so is legislation in action, but not yet a law.

"I'm not saying no, I'm not saying yes," said Gral. "It's still sort of, 'Oh, I'd do the work. It's not a slam dunk.'"

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Buyer Would Restrict Public Access Along the Popular Bolton Potholes

BY HOLLY WALSH

One of Chittenden County's most popular and dangerous swimming holes could be much more difficult to dive into next summer. Bolton resident and former selectboard member David Parot has signed a contract to purchase 31 acres of land on the west side of the Bolton Potholes, including the most popular path to the waterfall and the open shelf of rock where people bask in the sun and leap into the bowl-shaped cavern below.

Parot plans to block access however he can, in contrast to current owner Linda Gardner of Colchester, who has taken a laissez-faire approach to the unofficial recreation area. "Whether it's fencing, restricting access from the road, whatever I have to do, I'm certainly going to do," Parot said, adding that the answer to whether people would still be able to cross the land is "Unquestionably, no."

Beautiful as they are, the Bolton Potholes have proved problematic and lethal. At least five people have died at the waterfall, including 12-year-old Dudley Saffer of Burlington, who drowned there in 2011. Neighbors have complained for years about parties, trash, illegal parking and booze and drug-fueled obnoxious behavior there.

Still, people flock to the cascading swimming holes along Jenner Brook. So reports that a new landowner might limit access generated complaints. "It's a swimming hole in Vermont. I don't think people should say 'No, you can't go there anymore,'" said Nancy Hartsfield of Richmond.

She walks the property in the off season and once every three regularly, although not so much these days. "I'm potholing 60," she said. "It's not my scene anymore."

Still, Hartsfield, a UPS employee who likes to sit and relax, believes the potholes should remain a place where people of all ages and backgrounds can enjoy the natural beauty, albeit carefully and with respect for neighbors. As she put it, "It's not good for society for people to separate themselves out from other people because they can't afford to and force something off or say you can't be there."

While Parot may be able to keep would-be swimmers off his land, he won't be able to keep them out of the



potholes. Hartsfield and others have noted with relief that Jenner Brook will still be accessible from public land on the east side, through the 2.8-acre parcel on which Traflet Memorial Elementary School sits, and from a 5.8-acre parcel north of it, which the town purchased in 1996.

But the east side of Jenner Brook is more wooded and difficult to access than the west side, and it lacks the big open rock face that serves as a high dive for adrenaline junkies who dive, lay and packhike into the water below.

There was no shortage of people basking at the potholes last Friday, and summer seemed a distant dream. Slaves

of bluish ice coated parts of the waterfall, while the water flowing beneath crashed downward in a roar. Swimmers perched at the rim of the bowl-shaped rocks splashed by rows of rushing water.

Parot floated his ideas for the land on Frost Pond Ranch in late December, which is how Hartsfield and many others learned about the impending transaction. In one post, Parot said he might turn the property into a private club. "That idea enraged some fans of the potholes, who said Parot's angry words and called him names," he said. He's adamant and continues to consider some sort of members-only arrangement.

"Unfortunately, folks don't like change," Parot said. "Folks have fallen

in love with someone's else's land, and that's going to change."

A few visitors might be allowed, for a price. Parot said he might even friends to buy shares in the narrow wedge of land and make it more comfortable for them. "I could do little garages and maybe some less so," he said.

While some have criticized Parot's intention to keep the public at bay, he says several people who live near the Potholes have given him the "thumbs up" and couldn't be happier with his plans to control what they see as a public nuisance. A South Burlington High School grad, 46-year-old Parot works at Myers Container Service, a trash and recycling removal business, and has lived in Bolton for around 15 years. He's unmarried and has no children. Parot was on the local schoolboard from 2010 to 2013.

He was serving in 2013, when the town contemplated acquiring the Gardner parcel with help from the Vermont River Conservancy, a Montpelier nonprofit that has helped conserve land around numerous swimming holes. But community meetings made it clear that the area is "sort of loved to death," said Steve Libby, an executive director of the conservancy. "So many people like to use it that it's a difficult place to manage the use. We ended up not acquiring the parcel because we hadn't gotten to the point where we had strong community support for it."

Parot counts himself among the skeptics. A regular at Bolton's annual town meeting, he's known for speaking his mind in blunt terms about conserved lands. In an interview with the Mountain Gazette in 2004, when he was making an unsuccessful bid to return as the selectboard, Parot said, "They're not making any more land, and the more we conserve, the less revenue we have so we raise taxes." Property taxes in Bolton have increased 35 percent in the past five years.

Parot nonetheless appreciates the town of Bolton, he told Susan Dugas. "I like the community. I like not being able to go shooting any time I want. I like the fact that most of us carry guns," Parot said. "We're a working middle-class town."

The land transaction has not taken place, according to town records. Parot said the closing will happen by March 30. He won't say how much he's paying.

Neither will current owner Gardner, who confirmed that Purot has the land under contract.

The property, while popular, apparently may not be costly, because the bedrock and topography make it unsuitable as a building lot. The town assessment is \$16,940. Annual property taxes are only \$344.72.

Gardner has owned the parcel since 1993 but said he rarely visits there.

Asked why he is letting the property go, Gardner said he's selling various parcels. "I'm liquidating some of my holdings," said Gardner, president of Gardner Construction. He added, "I think it's beautiful, but all I've been doing is paying taxes."

He acknowledged that the property has been difficult to maintain. "Anybody that has new land in Vermont, people dump on it."

Along with trails, parking has been an issue. Residents for years parked on the right shoulder of the steep Bolton Access Road. Their cars jacked out into the travel lanes and created a hazard. A few years ago the town put up guard rails, which helped — for a while.

Then potholes again began parking on the Sanfil school lot, at the bottom of the trail. Complaints followed regarding rowdy behavior, broken beer bottles and dirty diapers accumulating there.

When people go there to party, "That doesn't really go well with an elementary school," said Josh Amerson, a Bolton Selectboard member.

He's not sure what to make of Purot's plan and said the town has struggled to manage the swimming holes. "When it gets overwhelmed with people and there's too much garbage left behind, that goes to be a problem."

Selectboard members have come to dread any attention the potholes get in the media, lest more people discover them. Last year, when the spot won the award for best place to swim in this newspaper's Seven Days contest, the selectboard wrote Seven Days a small letter asking that the potholes be disqualified from any future awards.

Out of respect for our town, school children, nearby residents and the families of those who have perished at the Bolton Potholes, we explore you to



disqualify the Bolton Potholes in the future should it ever win this category again," they wrote.

Purot's plans to limit access haven't moved the municipality to revisit the idea of buying the parcel. An Amerson put it: "I'm not sure how owning the land would help us address the challenges."

Purot may be able to keep people off his land, but he can't prevent them swimming in Jakes Brook, according to Libby of the Vermont River Conservancy. Under federal and state law, navigable waters are a public trust resource that can be used for recreational purposes, Libby said. His interpretation is that Jakes Brook is one of these waters. "As long as you are in the water, our understanding is that you have a right to be there," he said.

"Brent is a gracious resource, and we in Vermont are lucky enough to have many wonderful places along our rivers. It's important that these places stay available to everybody," he said.

Educating people about spots like the Bolton Potholes, and the much more dangerous nearby Huntington Gorge in Richmond, is better than closing them, he suggested. "It's tragic when someone is either injured or loses their life at a swimming hole, there's no question about that, but the long-term overall public benefit sometimes has to be balanced against the risk."

He and others hope that the town and the conservancy might resolve the contention with Purot over he closes on the property. Purot "couldn't say no" to that, but there's a new complication. "I really fell in love with the place," he said, "so this land of sacred to just use it as my own." ☺

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State of Surveillance: Digital-Age Bill Would Protect Privacy

BY NANCY REMSEN

Shortly after 2 a.m. on December 27, Chaffinch Addicks was shot on the sidewalk at 187 Church Street after an argument that started at the nearby Zen Lounge, police say. Burlington police officers a block away rushed over and performed CPR on the 28-year-old New York City man. A crowd began to form.

Meanwhile, a Chittenden County deputy sheriff headed over to help at the chaotic scene. A few blocks away, just three minutes after the shooting, his cruiser's automatic license plate reader captured an image: a plate number on a dark vehicle with a circular BMW logo above the plate, headed out of the city.

Addicks was a member of the Cashford Crew, a Brooklyn gang, and had an extensive criminal record. He died of his wounds, and police found crack cocaine on his body.

When police arrested Chavvy Murphy, 24, two days later in West Springfield, Mass., and charged him with Addicks' murder, they were quick to reveal what led them there: the image from the license plate reader that showed the time, date and location of the 2016 BMW X3.

Burlington Police Chief Brandon del Pozo and his officers had received information about who was at the bar and checked their vehicle registrations. They learned that a car registered to Murphy had recently been in an accident, and he'd been a replacement vehicle. Enterprise Rent-A-Car provided the license plate number. When officers queried the state's license plate reader database, the record captured by the deputy sheriff turned up, del Pozo said. "It was an objective electronic piece of evidence that came to corroborate witness evidence," said del Pozo. "It really turned us in the right direction."

In a press release about Murphy's arrest, del Pozo highlighted the role the license plate reader played. This raised attention to a detail in the investigation case just as the Senate Judiciary Committee prepared to wrap up work on a privacy protection bill that includes provisions governing license plate data — including how long the millions of snapshots that the readers capture should be retained.

The privacy bill would also regulate police access to electronic communication, such as phone records and emails,



and would set rules on when law enforcement may use drones.

"This is a historic bill protecting people's privacy," Sen. Dick Sears (D-Ramoth), who chairs the committee, declared just before the Senate gave it unanimous support Wednesday.

It's historic because it fills a gap, explained Sen. Tim Ashe (D-Chittenden), the bill's lead sponsor. "As technology has been moving so quickly with such advances, sometimes our understanding of the implications on our private lives has been slow to keep up."

License plate readers were first used in Vermont in 2010. Today, 42 law enforcement agencies operate 67 license plate reader units, with more in the pipeline. In Vermont, all the cameras are mounted on cruisers and snap pictures of thousands of plates every hour.

Records from across the state are transmitted to a single database maintained at the Vermont Intelligence Center in Williston. It is one of 79 "fusion centers" created 10 years ago to improve information sharing among law enforcement agencies. It is home to five databases, including the license plate information. A data analysis process 4,000 requests for information a year. The center's director, Lt. Kevin Lane, said state law allows access to the data only by law enforcement officials investigating crimes.

Officers must submit requests in writing describing the legitimate law-enforcement purpose. "So we are not

just pulling random information and sifting through all this data that is out there," Lane said.

Lawmakers enacted regulations on readers two years ago, but they expire in June 2016. In their recent review of the program, several senators questioned whether they had allowed police

TECHNOLOGY HAS BEEN MOVING SO QUICKLY WITH SUCH ADVANCES, SOMETIMES OUR UNDERSTANDING OF THE IMPLICATIONS ON OUR PRIVATE LIVES HAS BEEN SLOW TO KEEP UP.

SEN. TIM ASHE

to keep the data longer than necessary, given the few serious crimes in which such data had played a role. Current law requires the destruction of data after 18 months.

"The long-term question is, if the information isn't really being used to solve a crime, why are we hanging on to the whereabouts of most Vermonters essentially for every year?" Ashe said.

The American Civil Liberties Union of Vermont suggested a new limit — a mere 24 hours.

"We think that, every day, the data that was collected on all the license plates that didn't match any of those people on the list last of the day should be destroyed," said ACLU-VT executive director Allan Gilbert. "Retaining data turns it into a surveillance system."

Matthew Valera, defender general, argued for keeping the data indefinitely because it might help defendants prove their innocence. He requested a drug case last year in Franklin County that was dismissed after license plate records and cellphone data corroborated the defendant's alibi.

Law enforcement officials urged lawmakers to stick with the 18-month limit. "It suits almost all the needs I could think of," del Pozo said. Twenty-four hours would be insufficient in many investigations, he noted, citing a drug case in which Burlington tapped New York City license plate records going back several weeks. A suspect denied he had been to New York City recently. But license plate records showed his car "had spent the prior week traveling Brooklyn, Manhattan and the Bronx and had last been seen headed northbound out of Manhattan at 9 p.m. the night before we stopped it in Vermont," del Pozo said. Based on this information, police secured a search warrant and found drugs.

The Senate Judiciary Committee wrestled with the retention question before deciding to mention an 18-month limit. When he presented the bill, Ashe said license plate readers had been useful in only a handful of criminal investigations and mostly in the days immediately following the crime.

The bill would also establish strict rules for access to another investigative hub — data on electronic communications such as phone call histories, texts and emails. If the bill becomes law, Vermont would become the third state to address this, Ashe said. "It is a big deal."

Electronic communications "are the bread and butter of various felony investigations and will be more so in the future," said David Cahill, newly appointed Windsor County state's attorney. A 1986 federal law coupled with subsequent, sometimes conflicting court

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Back to the Drawing Board: Vermont Art Therapists Push for Licensure Bill

BY RACHEL ELIZABETH JONES

Art therapy may sound like the most fun subdivision of the mental health profession, but to some, it's also the most baffling. It's pretty much what it sounds like: using creative expression as a therapeutic setting to understand and address a client's mental and emotional experiences and needs. While art therapists do practice in Vermont, the state offers no official licensing in the field. And that makes defining or regulating art therapy a tricky business.

This legislative session, however, members of the **ART THERAPY ASSOCIATION OF VERMONT** are continuing their fight for a path to state licensure. H.646, a bill assigned to the House Committee on Government Operations, could change the game for them.

Last weekend, six women met in the Burlington office of **JOAN MYERS**, chair of ATAV's governmental affairs committee. This organization has existed since 1988 and became an official chapter of the American Art Therapy Association in 2000. Association interim president **LOREN BARTLETT-BURKE** of Hinesburg has been a member of the group since its inception. It now claims some 30 members across the state.

The ATAV offers multiple justifications for licensure. At the top of the list is that a lack of regulation could lead to potential harm to community members who are already vulnerable. Butler Dube said her association's primary concern is "how we can protect the public, and the people that are vulnerable because they can't speak for themselves."

That wording is not necessarily figurative — many art therapy patients are nonverbal because they are very young or have experienced severe trauma, or both. As Myers put it, "No title protection means that anybody could put themselves out there without any credentials or training." That situation, she said, could be particularly threatening to children, trauma survivors, language-impaired individuals, and the refugee and immigrant populations.

Another concern is the difficulty of coming to Vermont as an art therapist licensed in another state, or as a young professional seeking to complete clinical supervision and find work. In February 2014, **JOAN MYERS** moved to Lunenburg, California, where she had received formal certification in art therapy in

2002. Now she said, "I have to start back at square one."

Myers is currently applying to the Board of Allied Mental Health for Vermont's marriage and family therapy license. That process presented difficulties to both **LAURA GARNETT** of St. Albans, who also attended last week's meeting and Myers, who went through a rigorous process that included taking four graduate-level courses at the University of Vermont. "It's expensive," she said.

Garnett said she is struggling with the financial burden of satisfying BAHMH's requirements, which include completing five additional courses and an internship. Although she already received her master's in art therapy from the School of the Art Institute of Chicago in 1987, **LAURA GARNETT** of Vergennes worried up the problem with the board that "BAHMH does not recognize [art therapists'] education and their training."

Members of ATAV pointed out one crucial intersection of concerns about protecting vulnerable populations and making Vermont hospitable to art therapists: the state's opiate-addiction epidemic. "We need every mental health professional we can get," asserted Myers.

Schepel said that ATAV receives about a dozen inquiries per year from out-of-state art therapy students and professionals asking about internships, supervision and job opportunities — as well as the state's "licensure climate."

As of last year, eight states offered licenses in art therapy. New Jersey Gov. Chris Christie signed his state's Art Therapist Licensure Act on January 13.

Referring to communities, particularly children, that are affected by opiate addiction, Myers said that art therapy is "often viewed as a much less threatening form of treatment," and that talk therapy alone can sometimes impede mental health care. She added via email, "It's important to recognize the nonverbal, visual, symbolic nature of art therapy that accesses the right brain and traumatic memories and images."

National factors are also at play in ATAV's work toward Vermont licensure. According to Myers, the National Board for Certified Counselors has recently upped the ante by joining the Council for Accreditation of Counseling & Related Educational Programs and is working toward ensuring that no state in the country will grant licenses unless

a program is CACREP-approved. Myers wrote that this development will "effectively eliminate any opportunity for art therapists to gain licensure in states that don't have an art therapy license."

If Vermont were to create an art therapy licensure, the process would be overseen by the Art Therapy Credentials Board, which maintains uniform standards across the country. Myers sees a path to licensure in Vermont as important to safeguarding professional validity both locally and nationally. "State licensing," she said, "ensures the likelihood of more art therapists being able to work, period. And, more importantly, more people will

2015, Vermont's Office of Professional Regulation officially turned down ATAV's request, claiming, "No instances of actual harm from art therapy wrongly practiced has been reported to OPR for this statute review," and that the "existing regulation of art therapists adequately protects the public and should continue."

The "existing regulation" referred to is a formal roster of "non-licensed and non-certified psychotherapists" maintained by BAHMH, which does not impose any continuing education requirements on its listees. But, note **LAURA GARNETT** of St. Albans, "There are people who are



ARTWORK BY MICHAEL YATSKICH, CHAIRMAN OF LISA MYERS' GROUP

WE NEED EVERY MENTAL HEALTH PROFESSIONAL WE CAN GET.
LISA MYERS

be able to benefit from an effective treatment method."

So what's the holdup? "Vermont doesn't like to regulate," claimed Myers. In July 2014, ATAV applied through the state's statute-review process, which, according to the secretary of state's website, responds to "requests from individuals or groups recommending that a profession be regulated." It adds, "Vermont law provides that a profession should be regulated only when necessary to protect the public."

Currently, 43 professions are regulated by the state. In January

probably providing art therapy out there who are not on the roster, so how are they regulated?"

On Tuesday, January 13, Rep. Michael Yatskich (D-Charlotte), along with six other sponsoring representatives, introduced H.646, which would require the Office of Professional Regulation to license and regulate art therapists. In a phone call, Yatskich explained that, after his granddaughter suffered a traumatic brain injury, she worked with an art therapist "to gain some of that mobility back." He added, "Licensing would provide a social safety standard."

The House will vote on the bill in coming weeks. ATAV is currently seeking testimony and letters of endorsement in support of licensing art therapists. ☐

Contact: rachel@nevalmyers.com

INFO

To learn more about the Art Therapy Association of Vermont, visit arttherapyvt.org

THEATER



North Shore's first Auden Productions feature and debut will premiere

Stuff as Dreams Are Made on: Vermont Shakespeare Moves Ahead

BY PAMELA POLSTON

The Vermont Shakespeare Company is no more. But fans of the 10-year-old ensemble need not fret. It has simply changed its name to **VERMONT SHAKESPEARE FESTIVAL**. So, what's in a name?

Rutland's **JENNIFER WILSON** and **JOHN NUGLE** have had their eyes on the goal of creating "a nationally recognized Shakespeare festival in Vermont" — as Necronom puts it — since launching the nonprofit in 2005. And there's nothing single about that. "We changed our name," Necronom says, "because some people didn't quite understand that we wanted to fill that niche." She craves the long-term Cheltenham Shakespeare Festival as a local predecessor.

"We're just trying to push that forward," Necronom adds. "It's an exciting time in our development — we're

looking for ways to move beyond just one big event in the summer."

Both seasoned Shakespearean actors, the couple met during a production of *Richard III* in New York City. For years they lived there or in New Jersey, and came north in summers to put on multiple performances of a single Shakespeare play at Knight Point State Park in North Hero. In 2011, they added Barlington shows at Oakledge Park. That was also the year their production of *The Tempest* was nearly a wash — owing, ironically, to drenching rain. Though disappointed, Necronom and Nugle did not bow to the weather gods.

Finally in 2015, the couple moved to South Burlington with their young son. That year they produced *A Midsummer*

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Stuff as Dreams Are Made On

BY JEN

Night's Dream and added two new performance troupes: the **SHAKESPEARE PROJECT** (Cristin Loren) and the University of Vermont's **RETAIL TITLES THEATRE**. UVM offered not just a new stage — the company's first indoor one — but a promising collaboration with the theater department. Neumann and Nagle engaged theater majors, five of whom performed in *Mulwaen*, and provided summer training and internships. Further evidence of the relationship: Theater department chair **ANDREW RAMOS** is president of VCP's board.

Neumann continues to fly to New York a couple of days a week to teach at Stella Adler Studio of Acting, where she's the head of the movement department and works with New York University undergraduate thespians. Last November she was part of the original, criminal-justice-themed work *Intersections* with other local actors at **FLUXUSPACE**. This month, Neumann was artistic resident in Phoenix, Ariz., giving classes for theater and dance students. For his part, Nagle has performed with **RECENT THEATRE COMPANY**, and is employed as manager at *Barre du Marais* in Burlington.

In addition, the two have been actively building their board of directors and pursuing partnerships with local businesses.

Despite their busy schedules, living locally has allowed Neumann and Nagle to offer Shakespeare events year-round. They began small, with actor-writer readings at their home, and are expanding that format this year. The first Shakespeare season of 2014, a reading of *Love's Labour's Lost*, will take place on Monday, January 25, at Burlington's New Moon Café. Neumann says the venue is a fun and informal way to explore some of the Bard's lesser-known plays. "It's a great way for people who love Shakespeare to get involved."

Nagle will take the director's chair next month at Middlebury College for excerpts of *WHL*. That play,

WE'RE LOOKING FOR WAYS TO MOVE BEYOND JUST ONE BIG EVENT IN THE SUMMER.

JENNA NEUMANN

written by Middle grad **JANUARIAN**, is part of the school's First Folio Festival. (A copy of the actual folio of Shakespeare's plays, published in 1623, is on temporary

loan from the Folger Shakespeare Library and will be on view.) It imagines Shakespeare himself being reimagined — by Queen Elizabeth I, no less — for his presumed role in a treasonous rebellion.

And, speaking of people in power, Vermont Shakespeare's summer production will be *Julius Caesar*, directed by Neumann. It's an election year, she points out, adding, "We thought it would be good to pick up on that energy. It's a play about political ambition."

Caesar, Brutus, et al. will meet their fate on the lawn of the Shelburne Museum and in Royal Tyler's black box well before we know the outcome of the presidential election. It remains to be seen whether those results will inspire Neumann and Nagle to reprise *Richard III*.

Contact: jenn@jennendpvt.com

INFO

Vermont Shakespeare is a 501(c)(3) nonprofit. A reading of *Love's Labour's Lost* on Monday, January 25, 9:30 to 11:30 p.m., at New Moon Café in Burlington. John Hecht directs *WHL* by Jon Glavin on Sunday, February 23, 5:30 p.m., at Middlebury College as part of the First Folio Festival. *Julius Caesar* will be performed July 10 through August 10 at various locations. www.vtshakespeare.org or by email: jenn@jennendpvt.com

WHERE THE (HE)ART IS

For more than 20 years, **BURLINGTON CITY** artists have brought **ART FROM THE HOSPITAL** to young patients at the University of Vermont Medical Center. Now you might see the popular art-making enterprise has grown up. With the help of a three-year grant from the Foundation Fund via the Vermont Community Foundation, Art from the Heart has begun serving adults in Room 4, a wing for patients with chronic diseases that require longer stays, and in the Jefferdy Out Unit.

Coordinator **MARLENE SCHWARTZ** is passionate about the program

and about how art can humanize an environment that often feels impersonal and — literally — sterile. Her volunteer team works with kids every day of the week, since last June, it has been working with adults on Wednesdays and Sundays. Next month they'll add Fridays to the schedule.

The two programs are a little different. With the kids, we have some suggested "units," Schwartz says, but for the adults we have a menu of kits. The latter include watercolor art, pen/pencil mandalas and collage. While

each kit provides all the materials patients need to create on their own, an important element of the program is personal interaction with volunteers.

"When I train people,"

Schwartz says, "I tell them the three basic rules: sensory hygiene and common sense. After that, we have a lot of flexibility to meet whatever need where they are and make this a more comfortable space." That could mean talking with a patient for an hour about "optics, trends and events," as Schwartz did recently. It also means knowing when to leave a patient alone.

For pain-related reasons, the art cart holding craft supplies doesn't travel from the pediatric floor to Room 4. It does, however, get rolled around the mother-baby wing, which serves women on bedrest. "These women just have time, and it's not relaxing time," Schwartz says.

Kristen Whelan, the medical center's president and CEO, acknowledges the need that "illness and hospitalization

can be very frightening." The Art from the Heart program, she says, assists the hospital in its goal to provide "a peaceful healing environment."

The program has a positive impact not just on patients but on medical personnel. Schwartz says, and on the interactions between the two. "If a nurse or doctor walks into a room," she says, "it might be hard to see that spark that makes the patient human because they're focused on solving a problem on the computer." It's easier for staff to get a fuller picture when they can see their patients' creativity and how they express themselves, she says.

Schwartz is excited about her program's expansion but admits she can't guarantee the adult offerings will continue after the three-year grant runs out. Until then she and her volunteers will keep bringing art supplies from room to room and floor to floor, brightening the hospital in the painting of a time.

SADIE WILLIAMS

Contact: sadie@jennendpvt.com

INFO

Find out more about Art from the Heart at burlingtoncity.org



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WTF?

Has Burlington Hung Up on Pay Phones?

A reader emailed recently with a complaint about the Queen City: He couldn't find a single pay phone in its possession.

A million might ask, why would Burlington still have pay phones? Given the ubiquity of cellphones, wouldn't telecommunications companies be easy to convince operating public booths known primarily for attracting graffiti and junkie calls?

But the questioner had an interesting point: This cellphone plan doesn't cover international calls, so he depends on pay phones to dial Montreal. With Burlington so close to the border, Canadian tourists may encounter the same problem: The city is also home to a number of New Americans who make calls abroad.

According to the Pew Research Center's Internet & American Life Project, 10 percent of adults don't have cellphones. Surely Burlington could sustain at least a few public phones for their sake. Seven Days set out to determine whether Vermont's largest city was truly devoid of this classic mode of communication.

Burlington's director of public works, Chapin Spencer, explained that his department doesn't deal with pay phones. The Clerk/Treasurer's Office is charged with doing out "inconveniences" permits to phones mounted in the public right of way, but staff reported that their office had no permits on file. The Vermont Public Service Department doesn't keep track of the city's pay phones, either.

Not even firm statistical figures are available. The Federal Communications Commission counted 1,644 pay phones in Vermont in 2008, but it stopped collecting state-level data after that.

The American Public Communications Council, a trade association that represents most independent payphone companies, keeps a database of the phones its members maintain. When CFO and treasurer Deborah Stevens checked the database last week, she found just 12 working phones in all of Vermont.

The usual totals likely higher, but, judging by the national trend, it's safe to assume that Vermont's pay phone population has dwindled. In 2011, the FCC counted roughly 150,000 pay phones nationwide — down from some 700,000 in 2008, and from more than 2 million in 2000.

Having failed to get a clear answer by the bureaucratic route, I set out on foot and scribbled around Burlington, following leads based on the vague recollections of other Seven Days staffers.

First stop: Cliftonville Superior Court on Main Street. A guard scoffed good-naturedly. "Good luck finding one of those!" But a moment later, he remarked that there used to be a phone just up the street, outside the Champlain Forum conference store.

This phone is still there, the black overcoat hanging under a sign that reads "Phone." It looks shabby and is covered with curious graffiti, but it produces a robust dial tone. Inside, the employees behind the register said they had no idea whether anyone used it.

Later, I called the company that owns

the phone, MBE Coin Phone Systems. A woman picked up. When asked how many pay phones MBE maintains in Vermont, she said, "Very few" and declined to provide more specific information. "They just keep taking them out and taking them out and taking them out," she told me. Why? "Pay phones aren't profitable."

Next, I checked out Church Street. Standing sunny right outside Burlington City Hall was another phone. Local calls cost 50 cents. A bright yellow sticker advertised "free calls," which included numbers for companies promising to help callers find a job and get a credit card. I dialed "10 for God's Blessings/Daily Prayer. A sunny woman answered. Over the crinkly connection, all I could sense was that she worked for a

Christian television station and would not be giving me any bedrock info today.

Calls to the company responsible for the phone, Pacific Telemanagement Services, were even less fruitful. No one picked up. The California company bought up many of Vermont's and Portland, Maine's, public phones several years ago and is now reportedly the largest independent pay-phone operator in the country.

In a 2012 interview with USA Today, PTS CEO Thomas Kaine said, "We're sort of the last guy standing on pay phones." Kaine claimed it takes only two to three calls per day to make a phone profitable, then told the paper, "There's an enormous growth if people below the federal poverty line. This is not anything that makes me sleep better at night, but our business is [from] people who have literally scraped two cents together."

During the 30 minutes that I observed the city hall pay phone, it failed to attract so much as a glance from dozens of passersby. Several people walked so close to the stand that I half expected them to collide with it.

Just as I was about to turn in for the day, I ran into a friend who, for some reason, is her late twenties, is surprisingly fond of pay phones. She pointed out that, outside the city, they're useful for renters besides poverty and international calling. When she first moved to Vermont, her cellphone didn't get service in her home of Watford, so she relied on the town's pay phones. When she got a job interview, she had her future employer use one to call her.

My friend directed me to the only other pay phone she knew of in Burlington — outside the Champlain Forum conference store on Pine Street. I picked up the receiver but was met with silence. ☹

Contact: alop@sevendaysonline.com

Given the difficulty of finding them, we make no claim to have conducted a comprehensive survey of Burlington pay phones.

INFO

Outdated ownership policies about something? Send your burning question to WTF@sevendaysonline.com.



Dear Cecil,

I recently learned that in India people clean up differently after going to the bathroom — pouring water down their backsides with one hand while cleaning themselves with the other. Toilet paper, I'm told, doesn't even factor into the equation. What I want to know is: Which is better for us and for the environment? Should we, as Americans, be switching?

Anonymous, for obvious reasons

Hey, they don't just shower toilet paper. Many in India use wet toilets altogether, with 67 percent of rural households reporting, in a 2011 survey, defecation in plain air. Part of the Indian style of relaxing oneself stems from a lack of widespread indoor plumbing, sure, but the water method isn't just about not having toilets that can handle Western-style TP, strong water rather than tissue to clean one's parts is common as plenty of places that have the economic wherewithal to afford sturdy sewage systems — Japan, for instance. So your question's a good one. What are they in for? And should we be taking cues?

The stakes aren't low. As of 2008, Americans were using 36 million rolls of the stuff each year, something on the order of 15 million trees. Recycled materials fix if you don't need a slightly scratchy experience, but popular alternate varieties require tree fiber — some of it from old-growth forests. (Less than 2 percent of toilet tissue sold for in-home use

in the U.S. is made from 100 percent recycled paper.) This isn't the only way that TP is problematic; environmentally speaking, scientific American reported that, trees aside, U.S. TP consumption requires, per annum, 475 billion gallons of water, 250,000 tons of chlorine (for bleaching; this can have harmful downstream effects on the immune and reproductive systems of wildlife) and 173 acres-worth of energy. That's some footprint.

The obvious alternative is the bidet — historically a stand-alone fixture but increasingly available as an electronically controlled add-on to an existing toilet bowl. Let's assume that, given the environmental impact of TP, bidet use is probably better for the planet. But is it better for the body?

Also, the scientific world is not flush with information regarding health and bidet usage. A 2011 report out of South Korea reported that, at the correct setting, the electronic bidet could reduce anorectal pressure in people experiencing conditions such as fissures or hemorrhoids.

But researchers seem keener to demonstrate its potential for improving the lives of elderly or disabled people, for whom wiping might be a challenge.

• A 2007 study found that an electronic bidet could be used by patients with spinal-cord injury to successfully induce bowel movement.

• In 1995 the Brinell Institute for Bioengineering introduced to the world the "Perine Bidet," which people with disabilities could tote around to ease the experience of going to the bathroom away from home.

• A preliminary report in the journal *Gerontechnology* suggests that "wash-and-dry" toilets may improve resident comfort and cleanliness in nursing homes.

• A Yale infectious-disease specialist has proposed that bidets may help prevent urinary tract infections in the elderly.

On the other hand, a 2010 study of subjects in Japan, where bidet usage is common, found regular warm-water cleansing with the aggression of organic scroffins. And you'll thank me for not describing the pictures published in a case study of an elderly patient's genital lesions, caused by an excessively hot stream.

So, a mixed bag. We should note that in some places where water is involved, the prevailing toilet design is different from the American style — more of a hole that the user squats over. Here there's a clearer benefit.

The simple act of squatting, as opposed to sitting, requires less straining on the part of the defecator — an easier experience all around, plus it may reduce hemorrhoid risk. In a public-toilet setting, there's also the obvious hygienic plus of not coming into contact with a seat that's touched more mess than you'll find at a Kneezing Chummy concert.

Why haven't Americans gone in for the bidet thus far? It might have to do with good old American conservatism. Life the hydrogen bomb and the Big Gulp, toilet paper is a proud U.S. invention, whereas it was the devious French who brought us the bidet. (The word *bidet* by the way originally translated in "poop" — a reference to what one looks like inside the thing.) Things may be changing, but in both directions. On the one hand, there's U.S. defecatory conservatism.

We're Tping the globe, as increasing usage in Brazil and China accounts for more of the toilet paper revenue picture overall.

On the other hand, last year the New York Times published not one but two articles about



recent American enthusiasm for a particularly high-tech line of Japanese bidet toilet seats, the Toto Washlet series, trilled out with headlines and dozens and dozens of snippets. *Time* (which recently opened a \$60 million toilet museum back in Japan) has apparently diled up its sales push in LA, Chicago, Boston and New York, hoping to finally establish a U.S. beachhead. Who knows? It might end up finding a solid market here after all.

INFO

Is there something you need to get straight? Cecil Adams can answer the Straight Dope on any topic. Send questions to Cecil via ask@straightdope.com or write him c/o Chicago Reader, 350 N. Orleans, Chicago 60610.

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My New Bud

A journalist and MS patient tries medical marijuana

BY CATHY RESMER

It's not easy to get inside the Champlain Valley Dispensary, one of Vermont's four state-licensed medical marijuana purveyors. First, you have to find it.

The location doesn't appear on Google Maps, and it's not on the CVD's website. The phone number isn't listed anywhere, either. Unless someone gives it to you, you can't call for directions.

If you do happen to find the small office in Burlington's waterfront Wing Building, you can't just walk in. A staffer will only unlock the door if you have an appointment — be it at the site see you through a video camera and hear you on intercom. And you can only make an appointment if you're on the state's medical marijuana registry.

Vermont residents who have been diagnosed with a severe or life-threatening condition, such as cancer, AIDS, wasting syndrome or multiple sclerosis, can qualify for the registry. Right now, nearly 1,800 people are on the list, 174 are on it themselves.

I was diagnosed with relapsing-remitting MS in 2002, and fortunately for me, it's been slow to progress. I've been plugging about getting on the medical marijuana registry since Vermont created it in 2004. I stopped laughing about it a decade later, when I started having excruciating, spastic pain at night in my right shin and arm.

In the fall of 2011, my neurologist prescribed a muscle relaxant called baclofen. I added that to my regimen of MS-related medications but it knocked me out and made me groggy the next day. I wanted a painkiller that worked while I was awake.

A year ago, I asked my doctor to help me get medical marijuana. Smoking pot had never done much for me the few times I'd tried it in college, but I'd read that some people swear by it as a nonaddictive pain reliever. It was ready to try anything.

My partner, Ann-Elise, encouraged me, but my dad was not enthusiastic. When I called him and said I was getting on the list, he said he was disappointed about the health benefits of pot. And he had a dim view of the whole system. Medical marijuana, he warned, was "a slippery slope" in legislation for recreational use. "It's not easy for people who don't really need it to get it."

As cannabis, now pure. Everybody on Vermont knows somebody who knows somebody who can get weed. But jumping through the legal hoops here is much,

much harder. Vermont has a reputation for having a restrictive medical marijuana law, and, in my experience, it's well deserved.

My neurologist agreed to help me get on the registry in February 2015. Two weeks later, the mailman delivered the fastest envelope I've ever received. Inside were my doctor's notes stating to my symptoms, along with forms for me to fill out. I had to give my mailing address, driver's license number, weight, height and eye color. I also had to sign a page of patient acknowledgments, which included the following: "I understand if my application is approved, marijuana may only be used for symptom relief" and "I understand that if my application is approved, marijuana may not be transported in public unless secured in a locked container."

To be approved, I'd have to complete the application, get it notarized, and send it to the Department of Public Safety with a \$50 check and a photo for my ID card.



It took me a couple of weeks, but I finally got it all together and sent it in. Then I looked for a locked container in which to transport my stash.

I found a perfect one — a tin metal box that Ann-Elise had inherited from her grandfather. It lay key dangling from a gold American-flag keychain. I put the box in my car so I'd be ready to dash to the dispensary.

Then I waited — and waited — for my card to come in the mail.

I got it in early April. I looked through the forms for a phone number for CVD but all I could find was the URL and no real address.

As a new client, I had to sign up for a half-hour initial consultation. But when I went to the website and checked the online appointment scheduler, I found none available — for months.

I sent CVD a message through an online form. Three things got busy at work, and I forgot about it.

A few weeks later, I sent another message and got a call back. But by then my

nightly pain had subsided. I didn't follow up until it resurfaced again in the fall.

When I talked with CVD founder Sherron Lynn for this story, he confirmed that it's tough to get on the registry. "You have to be very engaged in getting your card," he said. "It does take a lot of follow-through."

CVD's low profile is intentional. If he published the phone number, Lynn said, "I would have had to hire a person 24/7 to answer the phones." Medical marijuana is legal in 23 states and in the District of Columbia, and it's increasingly popular in Vermont.

Despite being shrouded in secrecy, CVD is struggling to keep up with demand. When Lynn opened the dispensary in June 2011, he said, he expected to serve 100 patients a year. Just two and a half years later, CVD and its sister enterprise, Southern Vermont Wellness in Montpelier, now use 3,000 clients, annually increasing it can take a few weeks to get an appointment.

Partly that's because waiting takes time. New employees must be fingerprinted and pass a background check, which can take as long as five weeks for each. Many of Lynn's 10 staffers work behind the scenes at herb farms in Milton and South Burlington, cultivating crops, manufacturing pot-related products and making deliveries.

Breasting soon, Lynn will have employees doing baggie deliveries, and he plans to expand CVD's presence on the Burlington waterfront, adding a new, larger office closer to the mall.

Medical marijuana, he told me, "is an alternative medicine that works for a lot of people. Our experience is that it's really changed a lot of people's lives."

I hoped it would change mine.

When I arrived at the dispensary at the end of November for my first appointment, I had my locked box, my official pot card, a secondary form of ID (my passport) and \$300 in cash. The staff told me medical marijuana is an illegal substance, so credit card companies won't let cashiers charge them; pot purchases, dispensary clients have to pay with debit cards or cash. Health insurance won't cover it, either.

Because I'd stopped at the end of winter, I was wearing a few more hats. I stood in front of the video camera and announced

my arrival. A sign on the door reminded me not to take photos or videos inside. There's no waiting room, so I sat briefly in one of two chairs in the hallway before a twenty-something guy wheeled me inside and handed me a clipboard. More items — this time covering privacy rights and the dangers of smoking. It tried to fill them out and take in the scene in the same time.

Two shades staffed the dispensary on my first visit. Inside, the one-room office feels like equal parts doctor's office, general store and the down home of the biggest pothead on campus.

A counter divides the room into two rooms — one for patients and one for staff. A backdoor on the patients' side displays an eclectic array of products that don't contain cannabis — CBD T-shirts, winter caps and trucker hats, along with munchies, journals and eating boards. A massive gray sofa behind the counter holds the pot. Painted on one door are marijuana leaves; on the other, a poster had a chalkboard menu on the wall, two more for sale: hash, kief, edibles including brownies, fire cider, cannabis, cheese wigs.

One end of the counter is a glass case containing pipes and other paraphernalia. The other end is an intake station with a computer and a chair on either side. I sat down and finished my forms.

A helpful, knowledgeable staffer named Zach, who declined to give his last name, guided me through the enrollment process.

I told him I didn't want to smoke the pot, and I didn't want to chew it. He recommended two tinctures — Indica and Sweet 'n' Sour Widow. I paid \$47.90 for two tiny brown bottles topped with medicine droppers. There were no dosing instructions on the label. Zach advised starting with three to five drops per dose.

He said I could take it with maple syrup, which sounded appealing.

That night, I added five drops of tincture to a spoonful of maple syrup — a spoonful of syrup helps the medicine go down. According to CBD, the tincture is infused with a blend of Indica strains specifically chosen to relieve pain and anxiety while encouraging a restful sleep. When you smoke pot, it hits you immediately. But Zach had said it could take 10 minutes to two hours for the tinctures to take effect, so I swallowed my first dose a couple of hours before bedtime.

It didn't work.

The pain returned. I popped a pill to fall asleep.

The next night I tried four drops of the Sweet 'n' Sour Widow, a cannabidiol-cannabis tincture that's supposed to reduce chronic pain and inflammation. Same result.

I tried five drops of each on different nights. Nothing.

Then I put the pot aside for a couple weeks; we traveled to North Carolina to see my family for the holidays, and you can't legally bring marijuana across state lines.

When I asked Lynn about my frustrating initial results, he sympathized. "It does take some trial and error," he conceded. Some people find that "really amazing," but ultimately the process is about learning what works for your body. Until then I've used to having a doctor hand me a prescription and tell me exactly how much to take and when. "That is the opposite of what," Lynn said.

In January, I set up another appointment to try something new. I bought a packet of Northern Lights buds and a blend called Kushies Cheese. A woman named Danielle helped me pick out a \$10 glass pipe and patiently showed me how to smoke it. I bought a Pre-Mist lighter too. Zach commended I also keep-trying the tinctures — up to 10 drops at a time.

That night, after my kids went to bed, I unlocked my box. I put a bud in my new pipe, lit it up and inhaled the hash punch. It hit and I inhaled twice. I didn't feel high. But I didn't have any pain, either. For the first time in two months, I fell asleep without taking any pain meds. It I bought a Pre-Mist lighter too. Zach commended I also keep-trying the tinctures — up to 10 drops at a time.

The whole time I've been trying to manage my pain, I've also been trying to determine the cause. It could be MS-related, or it could be a result of pressure on my spine or one of my nerve roots. I recently saw a physiotherapist at the University of Vermont Medical Center neurological surgery office who prescribed physical therapy, and I'm going to try that — and acupuncture.

But I'm also going to keep experimenting with pot. The end needs to be reached manually, and my nervousness due at the end of March. Better get that paperwork in the mail. ☐

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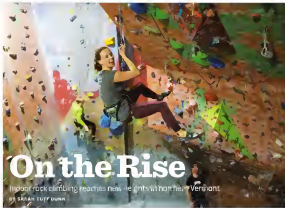
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On the Rise

Indoor rock climbing reaches new heights in popularity

BY SARAH LUFF DUNN

It's Sunday morning at 10:30 a.m., and a hot date is happening up in the South End of Burlington. Nope, it didn't involve a twenty-something night at Club Metromuse, or even live music. But there was some sweating, some sweating, some ropes and a few times.

Then LaBerge, 51, and Nancy Smith, 48, are putting on their street shoes after a session at Petra Cliffs Climbing Center & Mountaineering School. "We're hooked!" says LaBerge with a big smile. It's referring not to their passion for each other but for their new shared pastime of scaling artificial walls protected from the wind, snow and sun. "It's better than a standard gym workout — you use all your muscles, you get tired, it's just fun," he says.

The two are hardly alone in their infatuation with indoor climbing. According to Climbing Business Journal, the sport is growing at a rate of 9 to 10 percent per year, with more than 380 facilities now open in the U.S. As the *New Yorker* recently put it, "Climbing has turned into the new squash or tennis for a certain young professional set, projecting an air of health-conscious cool that flows far beyond CrossFit and grifter class RockCycling."

New England hasn't had a center of the sport in the past, the South end dominates, with 22 percent of climbing walls nationwide, according to industry researcher IBISWorld. But more Vermonters could get swinging in 2016 — which, incidentally, happens to be the Chinese Year of the Monkey.

"The media coverage of world-class athletes accomplishing some amazing feats has really helped grow the industry,"

says Tim Fox, membership and staff manager of Petra Cliffs. American rock climbers and social-media darlings Tommy Caldwell and Kevin Jorgeson (for instance, mind boggles) — and then the profile of the sport of climbing — with their success at Yosemite's impossibly vertical El Capitan Wall.

Petra Cliffs and MicroRock Vermont in Danesport drawing new climbers to their walls every day. "The cost to get started is relatively inexpensive compared to traditional gym membership," says Fox. "Indoor rock climbing allows participants to learn and experience an activity that may be sustainable outdoors because of cost, knowledge or location."

After LaBerge and Smith leave Petra, I set up for a private lesson with Smith Fox, a 24-year-old Saint Michael's College graduate who coordinates the center's youth program. I've previously dabbled in climbing, but on those occasions I struggled with my grip on the wall, and with trusting my feet.

By 11 a.m., is the Church's "Under the Milky Way" plays, the gym is abuzz with climbers ranging from toddlers to septuagenarians. I approach a route graded 5.4 — relatively easy on the Yosemite Decimal System, which is used to rate the difficulty of climbs and hikes. Fox delivers a brief lesson in belaying, then serves as my belayer. She pulls up the slack on the rope that's attached to my waist by a carabiner, easing me up the holds marked with little pieces of green tape and advising me to "breathe" my knee to the wall.

I clamber to the top OK, and swing the way Fox dispenses useful tips. One of the biggest misconceptions about climbing

CLIMBING IS MORE ABOUT YOUR LEGS. I TELL THIS TO WOMEN, ESPECIALLY.

SARAH FOX

is that it's all upper-body strength. Not in, says Fox, a longtime runner who turned to climbing after she tore her runner's calf — proof that this sport doesn't require Superman shoulders. Instead, she stresses, relying more heavily on legs, lungs and lungs turns it into a flow-like experience. "Climbing is more about your legs," she says. "I tell this to women especially. Lean back and use a straight arm — trace your shoulder."

I'm feeling more low than flow as I move to a more difficult route, dotted with plastic holds called pugs, slopers and crimps that offer different levels of challenge to hands and feet. After only an hour or so of climbing, I'm fatigued enough to find my grip slipping on some of the indoor pugs. But it's a good, post-workout feeling.

"The physical benefits of climbing are being able to use the body as a whole while climbing and training," Fox tells me. "It requires a lot of endurance and flexibility, in addition to a balanced level of strength. [Fox] isn't emphasized much in other sports."

Then there are the mental benefits. During our lesson, Fox coaches me on focusing on my approach to each route, bringing some brain work into the picture. (Speaking of pictures, Petra Cliffs has a



new local art project that has showcased photography collages by Kim Gaffney, sculptures by Lynn Steenberg and prints by Pete Steadman, among others — pretty backdrops for bounding in the Briggs Street warehouse.)

"Being able to push your boundaries to accomplish a goal is amazing," says Fox of the mind-body rewards of rock climbing. He also reports working with new climbers to overcome a variety of injuries. Anyone who thinks indoor climbing facilities are mostly hangouts — another misconception about the sport, says Fox — will find the scene at Petra Cliffs a breath of fresh air. The upstairs loft has been cleaned and refurbished with treadmills and weights to augment climbing workouts, along with tables for the use of the Friday Night Kids Club and local climbing teams. (Recreated versions of the indoor ropes course and adjustable "rock wall," as well as a massive bouldering structure for climbing without ropes, make for a comfortable community gathering spot.)

Among the new classes Petra Cliffs offers this winter are women's indoor climbing classes for beginners and intermediates, and three separate rock programs (Dance LaBerge and Smith's last class on a Sunday morning).

Metrolife, meanwhile, has gone seasonal in addition to a curriculum that includes team building, adult training, after-school programs for kids and a new technique class called 5.9 & Beyond.

"With indoor climbing you can come in and work on anything — freeclimbing, upper body, legs, your mental game," says Fox. "If you don't come with a partner, you can always add a stranger to help you — and perhaps make a friend."

Besides offering physical training, the facility can be a sensible refuge for Vermonters who want to get out of their own heads in winter. Fox notes "It's nice to have a place where you can come out of that bubble." ☐

Contact: lag@vermontjournal.com

INFO

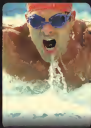
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Joint Chief

A Morrisville surgeon replaces knees with 3D-printed custom implants

BY KEN PICARD



At 3:27 a.m., in an operating room at Copley Hospital in Morrisville, Dr. Bryan Huber begins surgery by drawing a thick purple line down the leg of his sedated patient. After checking to make sure the tourniquet is cinched around the patient's thigh, Huber cuts a deep incision along the line, opening her flesh like an unfolded wallet.

Many of the instruments arranged neatly beside him resemble woodworking tools: axes, mallets, chisels, planes, drills and bits of various lengths and diameters. But others are high-tech tools, including white nylon jigs and inserts that were custom made on a 3D printer for this patient alone.

"If this were an off-the-shelf [knee] implant, stored by five more local hospitals on that table, because you never know what you're going to need," says Tom O'Malley, a representative with ConforMIS, the Bedford, Mass.-based medical technology company pioneered the use of 3D printing technology to create a customized joint replacement system called Total. O'Malley agreed to go wide a play-by-play explanation of the operation to demonstrate how it differs from conventional knee replacement.

Huber, an orthopaedic surgeon with Mansfield Orthopaedics in Morrisville, is currently the only doctor in Vermont performing this cutting-edge procedure. Since he started using Total four years ago, he says it's revolutionized his practice by vastly improving the results he can produce. The procedure is drawing patients from around the country to get their knees replaced in this remote community hospital in the Northeast Kingdom.

As Huber explained before we entered surgery, the Total technology replaces "one size-fits-all" artificial knees, which "he used for years, with implants that he created the patient's own healthy anatomy. Because customized implants fit better, patients experience less pain, heal and return to normal activities more quickly and enjoy greater mobility and functionality."

Ten minutes into the procedure, a nurse removes the shrink wrap from a metallic object the size of a baseball. The shiny, carved cobalt-chromium implant resembles a chunk of Terminator cyborg. In fact, it's an almost exact replica of the patient's knee, anatomically accurate to within a 10th of a millimeter.

The scary-sounding patient's knee had worn out progressively as a result of her weight. Two months earlier, she'd visited Huber's Morrisville office for a CT scan. The digital image of her knee



was uploaded to ConforMIS, which made the implant on a 3D printer, along with the 80 to 90 medical instruments used during the surgery.

Within 35 minutes of the first incision, Huber has removed the patient's patella. Next, he partitions a white nylon bag that has pre-machined grooves and holes showing him exactly where to saw and drill. In all, Huber will use six such jigs in a predetermined order, then insert a trial implant before he contours the permanent metal parts in place. The trial allows Huber to flex and extend the knee while the surgery is still under way, ensuring a correct fit.



ConforMIS knee implant

"The alignment is so critical when you put it in a knee," O'Malley explains. "Just think of the first set of braces you were bought, and you said, 'I don't need to align and balance them.' How long did they last?"

Periodically Huber reviews a checklist to ensure that all his measurements are accurate, just as in a woodshop, he measures twice and cuts once. When a section of this protrudes a fraction of a millimeter too far, Huber "manicures" the bone with a fat saw, producing a high whine and tiny puffs of smoke. Knowing this procedure is not for the squeamish.

By 11:10, Huber has made all the necessary cuts and holes, and he asks the nurse to exit the room that will hold the implant in place. Because the noninvasive surgical tools work together so often, Huber rarely has to ask for anything. As in a well-rehearsed dance routine, he just holds out his hand and someone delivers the instrument he needs.

Huber washes the knee capsule with saline and dries it with compressed air, leaving an exposed bone surface that resembles coral. He coats the surface with white cement, dispensed from what looks like a caulking gun, then bursters the artificial tibial plate into place with a mallet.

Once all the implants are seated, Huber puts in a poly liner, which O'Malley likens to a carpentry shim.



Dr. Bryan Huber

Because the precise measurements have been done in advance, it snaps neatly into position with an audible click. At 11:23, Huber wraps the muscle of the knee with a local anesthetic, then leaves his team to close up the incision.

A nurse beside me points out that this patient will be walking by 5 p.m. Closing at the clinic, I realize that the entire operation took less than an hour. I've spent more time in a dentist's chair getting a filling.

Between this surgery and the next, Huber grabs a quick lunch in the cafeteria. On this particular Monday, which he calls "a light day," he has three surgeries scheduled. Typically, he does four or five knee replacements a day over or three days a week. While this one seemed quick, Huber points out that the




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Joint Chief

morning's prosthetics surgery was actually 15 minutes faster.

That speediness isn't what brings patients from near and far to Copley for knee replacements, though. They come for the outcomes.

Studies have shown that one in five patients isn't satisfied with their conventional knee replacement, Huber says. Conventional implants, which he likens to "a large yard key at a hardware store," are made to fit all patients, regardless of anatomy. As a consequence, Huber says, two thirds of implants are too big or too small, causing chronic pain, stiffness and limited mobility.

When CareMed introduced its customized knee implant about five years ago, Huber, who served on the company's scientific advisory board, became one of the technology's earliest adopters. He shreds of the suggestion that he's promoting this product for himself, noting that he's on salary at Copley and gets the same pay whether he does five knee replacements a year or 500.

"This technology has always made sense to me," he adds. "Why would you want to put something in the knee that's not anatomical?"

Huber's patients range from young athletes who've blown out their knees to septuagenarians who suffer from advanced arthritis. His "nacha," he says, is the middle-aged athlete who's already tried conservative, low-impact knee remedies such as modified activities, anti-inflammatory drugs, injections, physical therapy and weight loss.

For many, he says, the nonoperative interventions stop working and their knee function dips below an acceptable level. They can't hike, snowboard or play



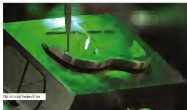
tennis anymore, it may be painful just getting out of bed. When their quality of life deteriorates to the point where conservative pain killers seem grumpy and unreliable, patients are ready to accept the modest risks associated with surgery.

One of the advantages of the customized knee implant, Huber says, is reduced blood loss. It also allows him to preserve 35 to 40 percent more bone, which is especially important to younger patients who may need another implant later in life.

Postoperative recovery is also much faster, he says. Typically, Huber's patients leave the hospital within 24 to 48 hours; conventional surgeries require longer stays. Huber directs all his patients to use a CPM (continuous passive motion) machine, which exercises the knee and slowly increases its flexibility. As a result, most patients never require physical therapy. After six months, 95 percent of Huber's patients report that their knee feels normal "sometimes" or "all the time."

"We had a lady from Vermont who came back in a month and did a century [bicycle] ride — 100 miles," Huber says. While he doesn't promise comparable





BY DAY 10, I WAS TOTALLY INDEPENDENT.

ALAN NEWMAN

retrieals — generally, full recovery takes a year — Huber has routinely seen patients return to skiing and snowboarding in three months or less. That's particularly important to the many elite athletes he treats, who are eager to return to competition.

Fifty-year-old Huber is no stranger to competitive sports himself. A native of Lancaster, Pa., he played soccer, rugby and water polo in college and has been an avid snowboarder for years.

Huber first moved to Vermont in 1988 to attend the University of Vermont College of Medicine. After completing his residency there, he took a research fellowship at the Hospital for Special Surgery in New York City. Afterward, he needed to "pay the City back" for a scholarship and served four years in Spain.

"It was an amazing life experience, professionally and personally," he recalls. While overseas, Huber became a doctor for the Navy's World Class Athlete Program, traveling around Europe with the Navy SEALs and other elite military athletes. He also cared for athletes on other national teams that didn't have their own physicians on staff. Here in Vermont, where he returned in 2006, Huber serves as the team doctor for both the Boston and the U.S. snowboarding teams.

At least once a month, Huber travels around the country teaching the (Frost) procedure to other surgeons. In October, he was in Chicago; in November, Dallas; in December, Tampa.

Demand for the technology is growing. About 600,000 knee replacements are currently performed in the United States each year. As baby boomers age, that figure is expected to rise to a total two knee replacements per year within a decade.

Baby boomers is particularly true very different attitudes about remaining active later in life than did their parents' generation, Huber says. Today, his patients aren't willing to give up their favorite activities and walk with a cane, for example.

"We also know that knee and hip replacements are very valuable socially from a financial standpoint," he says. In other words, the larger people remain physically active, the healthier they stay, thereby delaying age-related hospitalizations and nursing home admissions.

"The 56-year-old guy is similar to the 26-year-old guy," Huber says. "They're both trying to stay active and healthy and keep doing their thing."

One Vermonters who's intent is still "doing his thing" is Burlington entrepreneur Alan Newman, founder of Magic Hat Brewing. Newman, 69, had his second knee replacement done by Huber in early December. After getting a conventional knee implant nine years ago from a surgeon who's since retired, Newman asked friends where they'd gotten their knees done. Time after time, Huber's name came up.

When asked if he's noticed a difference between the two recoveries, Newman doesn't hesitate.

"Oh, yeah! It's night and day!" he says. "By day 10, I was totally independent. If you'd looked at me going up stairs, you'd never know that I'd just had a knee replacement."

What makes Huber happiest is seeing his patients return to the activities they love.

"This is the biggest advancement in joint replacement in many, many years. The reason we didn't do this five years ago, we didn't have the technology," he says. "Every knee is unique, like a fingerprint. And now we're able to make it perfectly for you." ☐

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Write On

With pens in hands, recovering addicts find empowerment and community — and get published

BY SAGIE WILLIAMS



This past Christmas, Jack Gower, 28, celebrated one year of sobriety. In Vermont, writing is helping the Florida transplant stay that way. "Having a creative outlet is crucial for recovery," he says.

Gower found his outlet with Writers for Recovery at Burlington's Turning Point Center. His dad, John, is a work shop participant, too, and introduced him to the group after Jack moved here from St. Petersburg a year and a half ago.

The workshop for recovering addicts began as filmmaker and social activist Lisa O'Brien of Kingdom County Productions wrapped her documentary *The Hungry Heart*. The 2013 film provides a window into the world of prescription drug and opiate addiction by following the work of Dr. Fred Holmes, a St. Albans pediatrician

"I wanted to do one more thing in St. Albans to gather stories," O'Brien says. So, in summer 2013, she and Holmes organized a workshop at Turning Point of Franklin County. Initially, they brought in professionals in photography, video, visual art and writing to work with recovering addicts.

For later workshops, O'Brien shifted the focus to just writing. Why? "All you need is a pencil and paper," she points out.

Workshop author (and Seven Days contributing writer) Gary Lee Miller taught in that first St. Albans workshop. At the end of its 10-week run, he and O'Brien weren't ready to call it quits. "They took to it like fish to water," O'Brien says, "and it was a wonderful experience, so I wanted to continue that."

After the filmmaker secured more funding, Miller returned in summer 2016 to lead what began as another 10-week writing workshop, this time at Turning Point Center of Chittenden County in Burlington. That group has continued meeting to this day.

Since then, O'Brien and Miller have organized five more workshops in recovery centers and correctional facilities all over the state. Participants in all five have just compiled a collective debut anthology of poems and short fictions, titled *The Designed Word at a Time*, due out this month.

With new funding from the Bessie Jaffe Foundation, Burlington Labs and the Vermont Department of Corrections, among others, O'Brien and Miller will offer close to 30 different workshops this year.

The structure of the Writers for Recovery workshops is simple. They

are open to individuals recovering from any addiction, as well as to affected family members or friends. Writing experience is irrelevant. It's a "come as you are" operation. While Miller often brings in reading material or invites Vermont authors to speak, most of the workshop is spent — no surprise here — just writing.

Miller offers participants prompts and gives them seven minutes to respond. Why seven minutes? "There's no time to think or worry that you're doing it wrong," he says. "It gives them freedom."

"The first prompt we do is called 'I am free' — it's a good way for people to introduce themselves," Miller continues. "They talk about their past and get to know each other." Other prompts have included "A morning in addition," "All I remember from that night," and "Dear —, here's what I want you to know about my addiction."

Not only does the seven-minute time limit eliminate the natural tendency to self-edit, but it also accelerates relationship building among participants. "We're really challenging people," Miller says, "and the culture of the group helps them take chances and say the shit that's really bothering them, that they need to say. It can take a while to build that culture," he adds, "but when you're sharing your writing back and forth, it can happen really fast."

Miller notes that his writers tell stories in the group that they've never revealed to anyone before. "People talk about the horrible things they did, as well as the horrible things that were done to them," he says. "It's a real bonding experience, which is part of the reason I haven't left."

The workshops culminate in a public reading. "That's one of the best things — it's a big deal for them to get up and read," Miller says.

Gower, who says he struggles with anxiety, can attest to that. "I read a couple of times in [Writers for Recovery], and it gave me the chance to overcome that anxiety," he says.

Another workshop participant, who prefers to be identified only as Calkin, says she still gets nervous when she gets up to read, but she does so as a



service both to herself and to her fellow writers. Catlin has been sober for more than four years. The New Hampshire native worked as a nurse for 18 years, until her license was revoked because of behaviors stemming from her drug addiction. She's been attending the Burlington workshop for almost a year.

"When I get up and talk about my personal story with recovery, it helps so many other people," Catlin says. "It gives them hope."

That's a hard sentiment to come by, given that addiction, depression and severe anxiety often go hand in hand. Catlin's poem "Dear Addiction" is included in the graphic anthology. In it she writes "Perfection is not possible, but progress feels good."

WHY I WRITE FOR MY RECOVERY

Remember when parents were young, being alone in a field at night and the clouds overhead sometimes resembled an inky sea of swirling wings and a hole deep within your soul? Of course it was tiny but it still mattered and it mattered deeply. Writing for recovery is something with that very import and since it began we believed how not to be it never occurred to us that we weren't wonderful. Working for recovery gets us play and gives us heart. It captures inside the possibility of what might happen next. The unleashing of unconscious moves as across the high wire, where balance only comes from making the leap along. One word followed by the next, we move but wonderful life forward while the crowd roars on in awe and balance comes not by looking down or back but from imagining where you're going next, leaving for recovery is reclaiming your future. It's moving your life forward, one imagined word at a time.

JOHN GOWER

THE CULTURE OF THE GROUP HELPS THEM TAKE CHANCES AND SAY THE SHIT THAT'S REALLY BOTHERING THEM. THAT THEY NEED TO SAY.

GARY LEE MILLER

Her poem acknowledges the constant pull of addiction and the strength it takes not just to overcome it but to live with it. "Progress is no longer being sent to the hospital because I'm having seizures or I've overdosed," Catlin says. "Progress is that my children want to have a relationship with me. I have a job where I'm trusted. I'm not suicidal. I have hope."

Writers for Recovery workshops aren't a replacement for other services. Beth Gower

and Catlin participate in a 12-step program. Gower also goes to free yoga classes offered by Burlington's Turning Point Center.

"There are so many ways of learning through recovery," O'Brien says. "This [workshop] is just another way of getting to that place of reflecting on who you were and who you are now."

"Once we saw the quality of the work," she notes, "we thought, Wow, this needs an audience." The result was the anthology, which will have a release party on Saturday, January 23, at the Flying Steps in Barre. O'Brien and Miller start the only ones impressed by the writers' output. Four poems by three workshop participants appear in the current issue of New York-based literary journal Epiphany.

Miller and O'Brien remain committed to the workshops — and cited as much increasing their numbers. As Miller puts it, "The only word we're hearing going forward is 'yes!'"

INFO

One Inching World at Time book launch Saturday, January 23, 7-10 p.m., at the Flying Steps at 100 Church St. in Barre with the Big Bang Bangin' n' Buns! Band. For tickets see various Facebook pages. To learn more about Writers for Recovery or receive a book, contact Beth O'Brien or Gary Lee Miller at writersforrecovery@turningpointcenter.org.



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Striking a Pose

A Vermont yoga practitioner is headed to a national competition — yes, really

BY MOLLY WALSH



Alexandra Sturges slides into a split and stretches her feet, but stood areas overhead. Muscles ripple on her upper back. Her coach, Maria Coppetelli, nods in approval as Sturges leans forward over her front leg and nods there comfortably, so graceful and flexible as an elite gymnast.

But she isn't one. The 24-year-old Burlington woman is training for a national competition, in a posture that most people don't consider a sport at all: yoga. She'll represent Vermont in May at the 2016 USA Yoga Federation National Championship in Jackson Hole, Wyo.

To prepare, the part-time bartender and recent Champlain College graduate practices yoga at least eight times a week, usually in 90-minute sessions in the classic Bikram series, held in a 105-degree studio. Sturges has sworn off alcohol (not a big deal, she says) and sugar (a bigger deal). She's built plenty of sleep and healthy meals — lots of avocados, salmon and veggie juke — into her schedule.

Sturges grew up in South Hero and attended Essex High School, where she did team sports and later turned to long-distance running. After a bout with pneumonia in 2010, she wanted to rebuild her stamina; her doctor suggested Bikram yoga. The twenty-eight-point series of 26 postures was made famous by Los Angeles-based Bikram Choudhury, a former yoga champion in India (see sidebar).

Sturges was hooked. Within a few years, she was practicing almost daily at the Tapas Yoga studio on Pine Street in Burlington (formerly called Bikram Yoga Burlington). There, Sturges met Coppetelli and began babysitting the yoga teacher's daughter and getting to know the women who would become her coach.

Coppetelli has trained numerous yoga students, competed herself and helped her sister organize competitions at the later's Bikram yoga studio in New Hampshire. In March, she'll open her own studio, Queen City Bikram Yoga, on San Remo Drive in South Burlington.

Sturges was thinking of volunteering at the USA Yoga regional in Portsmouth, N.H., when Coppetelli suggested something else: Why not compete? So Sturges began training last August. Putting the



words "yoga" and "competition" together initially threatened her friends and family.

"Most people I talk to haven't heard of it," Sturges says. "Even my mom and dad didn't really know what to think when I first talked to them about it."

The competitive yoga circuit is big in states such as New York and California, but Vermont has few competitors and no major competitions. Sturges only had to beat one local contestant in her division at regional to qualify for Jackson Hole.

Still, she says, it was an enormous challenge to stand onstage in New Hampshire and work through her three-minute routine, striving for perfection, before a panel of judges and an audience full of strangers.

"If your focus falters, as will you," Sturges explains. "And so, more than anything, I was proud that I was able to stay focused and stay in each posture. And I managed to smile."



Sour Power

Science is in a pickle as probiotic foods surge in popularity **BY HANNAH PALMER EGAN**

In October 2008, the World Health Organization convened a group of physicians and scientists. Their mission: to lay groundwork that would define and stimulate the study of probiotics, or "friendly" bacteria presumed to aid in digestion and confer untold other health benefits to consumers. The WHO hoped that continued study could prove these benefits so that they could be applied in a variety of settings. In the years since, the medical community has continued to dabble in probiotic research, but many questions remain unanswered.

Meanwhile, as artisanal food culture went mainstream in the mid-2000s, many Americans gravitated toward fresh, local, organic foods. Chats and jams cooked in discovered and elaborated on traditional methods of food preparation and preservation. Lacto-fermented pickles and preserves replaced Wagner brand leather dills and mustard dusters. Batches of kimchi spread from health food stores to convenience store counters. Foodies discovered the Japanese Asian staple kimchi and more.

Yogurt was already a familiar product, but companies began marketing the benefits of its probiotic "live cultures"; physicians began recommending it to patients with gastrointestinal afflictions.

Over the past decade, food entrepreneurs have found — and helped to grow — a robust market for handmade fermented dairy products, vegetables, salsas and condiments, employing natural bacteria to preserve and enhance raw ingredients.

But even as probiotic foods captured the American gut, and scientists became more familiar with trillions of bacteria that comprise the human gastrointestinal microbiome, the benefits of consuming probiotic foods remain murky, vague and unproven.



What Are Probiotics?

In 2001, the WHO defined probiotics as "live microorganisms which, when administered in adequate amounts, confer a health benefit on the host." These are species that thrive in the highly acidic environment of the human gut and aid in digestion and promote health in a variety of known and unknown ways.

Known probiotic bacteria include several species of *Lactobacillus* (common in yogurt and other cultured dairy products), *L. plantarum* (found in fermented cabbage products such as kimchi and sauerkraut), various *Bifidobacterium* (yogurt), and assorted *Streptococcus*.

Probiotics and Science: Known Benefits

Human intestines are home to untold numbers of individual microorganisms, each gram of intravascular material contains about 10 trillion microbes, according to University of Vermont nutrition and food science professor Margie Gao. She sits on the editorial board of the *Journal of Probiotics & Health* and has published dozens of works examining the impact of probiotic foods — from yogurt to baby formula — on the human GI tract.

Some of those impacts are known and fairly straightforward. Probiotic microbes thrive on fermenting carbohydrates, sugars and undigestible compounds inside the human intestines. By-products of this fermentation include nutrients such as vitamins B and K2, antimicrobial compounds such as sepeptide, and organic acids.

SCOTT POWER/ISTOCK

Many consumers, of course, don't need double-blind studies and statistical analyses to know that friendly bacteria can make for fewer stomachaches and better overall wellness. In this case, believing is literally a matter of trusting one's gut.

Still, for *Seven Days'* annual Wellness Issue, we set out to disentangle confirmed fact from anecdote about probiotics.



SIDEdishes

BY HANNAH PALMER EGAN & MELISSA HASKIN

Bud Barn Brewery



Barn Brews

FOUR FRIENDS TO OPEN A BARNBREW IN NORTH HAVEN, VERMONT

Can you turn a barn into a brewery? Two couples in Danville are doing just that. The McCallums, Jensen and sons, have the rustic red 1890s barn. The McCallums, Peter and Jane, have the brewing experience. Peter scored in the top 50 in last year's Make the Cut Homebrew Challenge. "I've really started to brew now seriously over the last five years," he says.

The four friends hope to open their one-barrel red barn brewery this spring in Danville. The location was never in question. "This barn has tons of space, so we don't need to rent or buy," says Peter McCallum. He adds, "There really aren't a lot of breweries in this area. We're trying to fill in the gap so people have more places to go in the Northeast Kingdom."

The barn came with its own unique challenges, though. First, the owner had to figure out if they could even get water inside. (They

could.) Then, after they installed windows from the local hardware store, the Vermont Division for Historic Preservation came knocking with suggestions for more period-appropriate eir-barns. "We're just asking people to be patient," says McCallum. "We're hoping to open in late March, but it's probably going to be near the April."

When Bud Barn opens, McCallum hopes to have a small tasting room where visitors can sample brews and fill growlers, and maybe sit outside under the awning on warm summer days. "It's going to be quaint," he says. To start, they'll serve five beers: a kilsch, an extra pale ale, an American Centennial Pale Ale, a Raritan wheat and a pilsner. For the pilsner, McCallum is using hops grown on his own property.

"Some people might say a one-barrel brewery is pretty small," says McCallum. "But a lot of people start like that, and if we get momentum, and people like what we're doing, we'll expand." Any early profits will go

straight back into the brewery, he says.

Bud Barn isn't the only new brewery opening to the Northeast Kingdom this year. Also on the rise are Saint J Brewery in St. Johnsbury and Next Truck Brewing in West Burke. Saint J's official grand opening is currently scheduled for the first week of February. Located at 2002 Memorial Drive, Saint J, the venue is selling itself as a "craft room and hangout bar." Meanwhile, the owners of Next Truck, a seven-barrel brewery, aim to open in summer 2016.

—PH

Whole Foods

HOLISTIC NUTRITIONAL PROGRAM COMING TO BURLINGTON

Burlington is home to a number of nutrition coaches and dietitians health practitioners. And this winter, the Queen City will welcome a new nutritional therapist as the first of its kind in the city. The program is based on the teachings of holistic health pioneers Weston A. Price and Francis M. Pottenger Jr.

Price and Pottenger — both medical doctors practicing in the mid 20th century — advocated the use of whole, natural foods prepared in traditional ways as building blocks for good health.

Local practitioner WENDY K. HIND, DNP, WHOLE NUTRITIONAL THERAPY is based in Burlington, will lead the nine-month Nutritional Therapist Training. Hind also says the course is "based

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LOCAL CULTURE:

WHAT PROBIOTIC PRODUCTS ARE PRODUCED IN VERMONT?

Not surprisingly, dozens of Vermont companies offer fermented probiotic foods that can be incorporated into virtually any diet—vegetarian, vegan, gluten-free, whatever.

Cultured Butter and Butterballs

Most sweet cream butter is churned from pasteurized fresh cream. But producers of cultured butter also use bacteria to preacidify cream and allow it to ferment briefly before churning the butter—much like the way farmers used old-world butter makers have been making the Grafton butter, but with the added step of preacidification, which is required by law.

The additional step doesn't alter the flavor of the cream, adding subtle tang and adding complexity. Sweet and buttery, it's not too different from regular butter.

PROCESSES

Vermont Creamery (Windsorville)
Poultney State University at Brattleboro (Poultney)
Newstead Home Farm (Jayville) (unlabeled)

Yogurt and Kefir

Made in 15- to 16-ounce jars, this fermented dairy product is available in a wide variety of flavors, including the most familiar—and widely consumed—probiotic: plain. In Vermont, every variety is based on the quality of the milk. But cultured cream and produce from local farms.

Kefir tastes similar to yogurt but is fermented with a different blend of probiotic bacteria. Its flavor includes yogurt, the mouth is thicker (gelatinous), and it tastes more tart. Some fermenting bacteria in the human gut have the same effects.

PROCESSES

Buttermilk Farms (Windsor, yogurt and kefir only) (not labeled)
Bees Leap (organic kefir, goats milk) (unlabeled)
Yogurt Partners (not just plain yogurt) (unlabeled) (not labeled)
Dark Road Dairy (yogurt, goats milk) (Windsor)

Kombucha

A symbiotic culture of bacteria and yeast—called SCOBY—fermenters brew tea (or juice) in a jar made with all-natural ingredients. It's usually brewed for 7 to 14 days, but it's best to brew it for 10 to 14 days. While kombucha is typically sold in bottles, look for it in a jar, or in a glass jar, or in a glass jar, or in a glass jar.

PROCESSES

Agave Wines Kombucha (organic) (not labeled)
Old Kombucha (not labeled)

Fermented Vegetables

While the products above are made by adding live cultures to foods, fermented vegetables are made by adding live cultures to vegetables. Local farmers include kimchi and sauerkraut, pickles, and other fermented products. Typically sold in jars, they are often sold in bulk or in small jars.

PROCESSES

Funk Family Farm (organic) (not labeled)
Sauerkraut (organic) (not labeled)
Organic Fermented Pickles (not labeled)

Fermented Soy: Natto, Miso, Tempeh

Natto and miso are made with fermented soybeans. Natto is a sticky, stringy soybean product. Miso is a sticky, stringy soybean product. Tempeh is a sticky, stringy soybean product. Miso is a sticky, stringy soybean product. Tempeh is a sticky, stringy soybean product.

PROCESSES

Organic Fermented Soybeans (organic) (not labeled)



Sour Power

Processed by probiotic bacteria, the vitamins become available for absorption into the blood stream. The antimicrobial compounds and other beneficial acids make the gut tract less hospitable to strains of "bad bacteria," which cause infection or other forms of gastric distress and often thrive in higher pH environments.

Some probiotic bacteria—including strains of *L. acidophilus*—help to cholesterol, helping to flush it from the body. And when during consumption of probiotic bacteria, people take large amounts of the colon, they avoid the harmful microbes that might otherwise take up residence there.

Mysteries Abound: Unknowns and Emerging Science

While modern science has some understanding of the actions described above, other probiotic behaviors—and their health benefits—are less clear and understood. Various studies have explored how bacteria influence metabolism, immune response and immune function, and many researchers believe that probiotics' benefits extend far beyond the gut.

In his 2009 book *Functional Foods: Principles and Technology*, Gut lists some proposed benefits associated with probiotics. These include resistance to infectious disease, alternating between oral and systemic, cholesterol levels, allergies

and respiratory infections, and even decreased risk of colon cancer.

Science has long accepted that our gastrointestinal tracts are home to many trillions of bacteria, and that there are trillions of bacteria in the body that scientists have

IN THIS CASE, BELIEVING IS LITERALLY A MATTER OF TRUSTING ONE'S GUT.

yet to identify most of the microorganisms that reside in the gut. This makes it impossible to know which are friendly, harmless or hostile—or to assemble a clear picture of what the intra-intestinal ecosystem looks like—let alone how these trillions of mysterious bacteria interact and engage with the rest of the body.

Lacking an integral understanding of what gut bacteria do, health practitioners are at a loss for how to coax the greatest benefit from them, via diet or otherwise. Still, probiotics have made their way into clinical practice, though LVM gastroenterologist Peter Meese says doctors usually recommend pills and supplements—which offer predictable doses of specific organisms—rather than directing GI probiotics to pop open a jar of kimchi.





"The science hasn't advanced to a point where we can identify who will respond to what probiotic and when," Moses says, "and while [fermented foods] probably provide a lot of helpful organisms, you don't know which ones or in what ratios."

The medical community is warming to the probiotic trend, Moses says. As recently as the 1990s, antibiotics were the go-to remedy for GI ailments. "At that point, the only good bacteria was a dead bacterium, in most people's view," Moses recalls. "Now we've realized that altering the bacteria that live in and on us can have health effects. That has been a big evolution."

Moses — whose current study focuses on the use of fecal implants to combat *antibiotic colitis* — seems optimistic that probiotics will have a role in medicine. "The more we learn, the more we'll understand what microbes can be used to promote health and combat disease," he says. "And the use of probiotics and prebiotics [will] have more of a role as we understand it better."

Despite his professional skepticism, Moses doesn't refuse anecdotal evidence cited by probiotic devotees. "Someone

who reacts by eating fermented foods may not be wrong," he concedes. "You can't ignore people's experience, the thousands of years of human history that have supported eating fermented foods are probably based on fact. But we may not be able to explain it scientifically."

Food science professor who doesn't see a conflict between science and tradition. He grew up in the Chinese countryside, where the season's entire cabbage harvest was fermented for off-season consumption. "In China, we were using naturally existing L. plantarum [to ferment our food]," he says. "They're born doing it that way for maybe 1,000 years. They didn't know what the bug was, but they knew it worked. I didn't know it was *L. plantarum* at the time, but I knew how to do it."

Though this doesn't ferment vegetables at home anymore, he says probiotic foods are part of his everyday diet. "Probiotics make you feel better, that's for sure," he says. "This is real. Quite a few studies have come out that say if you eat probiotics you improve your emotional state. Especially here in Vermont — it's a long winter." ☺

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72 Hours of Tacos

A food writer takes on the "taco cleanse"

STORY AND PHOTOS BY MELISSA HASKIN



Visit Phoenix Books in Burlington, and you'll find an entire display devoted to tacos. Taco books, taco media — tacos, tacos, tacos. The display was inspired by a new book called *The Taco Cleanse: The Tortilla-Based Diet Proven To Change Your Life*, which has been selling strong since it came out last month. Written by Wes Allen, Stephanie Bagdanich, Molly E. Feintinger and Jessica Morris, who are based in one of the world's taco capitals — Austin, Texas — the book recommends tacos for what ails you.

Are they serious? Not entirely. The book is filed under Amman's Cooking: Humane category, where — no joke — it's the No. 1 best seller. And the authors report unlikely results of following their diet ("Our skin glowed, our waists were pinched, and Wes's beard grew at an alarming rate").

**BREAKFAST? EAT TACOS.
LUNCH? EAT TACOS. DINNER?
HAVE A TACO. STILL HUNGRY?
YOU NEED MORE TACOS.**

They kept up the run over email: "So many cleanses are about deprivation. We wanted ours to be about filling yourself up with delicious food." But if you read the copyright page, you'll find a small disclaimer: "Although the recipes are intended to be accurate and tasty, all other content is solely intended to be hilarious."

Still, eating tacos all day sounded alluring. If a cleanse lets you eat all day, sure, I'm in. I decided to take them literally, and, grabbing the rest of the internet

(ahem, *People* magazine), we're not the only ones who did.

For 72 hours, I decided, I would eat tacos. It would be glorious: fatty, crunchy, and chili-spiced beef piled into a taco shell doused with a million shreds of cheddar and a small mountain of sour cream. What could go wrong?

I called the publisher and asked for a review copy. While I waited, I imagined taco combinations: pulled pork, chorizo, maybe some extra spices.

When my book arrived, I flipped the pages to learn what I was in for. Just what I thought: tacos for every meal. Breakfast? Eat tacos. Lunch? Eat tacos. Dinner? Have a taco. Still hungry? You need more tacos. Thirsty? You probably need a margarita.

You read that right: The book approves of margaritas. Actually, it almost encourages them, as this sample meal plan reveals:



BREAKFAST
Breakfast taco. **LUNCH:**
Leftovers taco. **DINNER:** Beef burrito. **Go out for dinner at your favorite taco restaurant. SUPPLEMENT:**



More food after the classifieds section. PAGE 47

SEVEN DAYS

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Fizzgig

AGE/SEX: 4-year old neutered male

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Fizzgig walks a bit funny and has trouble balancing, walking going up and down stairs, jumping up and down onto furniture, etc. We suspect he has cerebellar hypoplasia, likely due to exposure to a distemper vaccine when he was too young. This may have happened because his mother was vaccinated (or had the actual virus) when he was still in the womb. He leads a great life, and his condition is very manageable!

He loves humans, naps and food, so it doesn't take much to make him happy.

Come in and give him some snuggles and learn more about this lovely furry fellow!

CATS/0008: Fizzgig will debut as the only furry friend in his new home.

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A variety of items for sale. Call Ashley at 864-5684 for more info.

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VAGABOND
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- 25 Lark St, Burlington *
- 108 S Main St, St Albans
- 295 Hidden Oaks Drive, Colchester *
- 6 Spruce Lane, Essex *
- 43 Madison Drive, Williston
- 22 Spring St, Burlington
- 265 Ten Steers Circle, Charlotte *
- 4 Chubbuck Sq, 103, Milton
- 273 St Paul St, Burlington
- 58 Lefebvre Street, Burlington
- 54 Tyler Place, Jericho
- 187 Cumberland Rd, Burlington
- 268 So Wisconsin St, Burlington
- 18 Sky Drive, Burlington
- 37 Legend Circle, Essex *
- 477 Sherman Hollow Rd, Willoughby
- 23 Haven Thruway Dr, South Burlington
- 67 Dix St, Williston *

- 135 Palmer Ct, Shelburne
- 61 Wells Ave, Colchester
- 108 Pleasant Way 101, Colchester
- 61-63 Cedar St, Burlington
- 104 Lakewood Parkway, Burlington
- 278 Rutledge Road, Colchester *
- 66 Park Street, Burlington
- 17 Christy Lane, Milton
- 66 Whiteway Road, Colchester
- 5 Arthur Rd, South Burlington
- 7 Hayes Ave, South Burlington
- 40-42 Deane St, Burlington
- 186-160 N Union St, Burlington
- 48 Shepherd St, Williston
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Areas of responsibility include data input, a large volume of invoicing, receipt verification and balancing, inventory purchase and control, and financial reporting.

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Central Vermont Solid Waste Management District, a townwide municipality consisting of 18 member towns, seeks General Manager to work staff, board and constituents to implement legislative mandate, state solid waste implementation plan and grow our town waste programming. The General Manager must be a strong organizational manager capable of delivering innovative programming as a fiscally responsible manager. The General Manager will be responsible for personnel management, ensuring compliance with state and federal laws, budgeting, planning, and providing technical assistance to the CYSWMD Board of Supervisors, local officials and the public. Tied to the 18 member towns of the CYSWMD and ensuring success will be required on a regular basis.

Qualifications: A bachelor's degree and at least five years supervisory experience in solid waste management, an environmental organization or a municipal government environment. Master's degree preferred. Must have a valid driver's license and be able to pass a criminal background check.

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To apply, send resume, cover letter, writing sample and three references to administration@cvswmd.org or General Manager Search, CYSWMD, 131 Rure Street, Montpelier VT 05602. Additional information can be found at cvswmd.org.

**CHAMPLAIN
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DISPENSARY****CONTROLLER**

Champlain Valley Dispensary (CVD) is seeking a Controller to report to the Chief Executive Officer. This position will manage the operations of the Accounting Department and Information Technology, and will oversee the day to day financial management, accounting, and information technology functions.

The Controller will be the primary expert for our computer information system along with directing the design and maintenance of an accounting system including chart of accounts, general ledger, accounts payable, accounts receivable and payroll. This position will maintain financial and statistical records to meet legal, regulatory and accounting standards, coordinate all internal and external audits, direct the preparation, presentation and interpretation of financial and fiscal reports, and ensure compliance with federal and state tax laws and regulations, including the timely filing of federal and state tax returns.

REQUIREMENTS:

Bachelor's degree in accounting or business administration, or equivalent business experience and 10+ years of progressively responsible experience for a major company in either position as first, general or senior accountant. Preference will be given to candidates with the Certified Public Accountant or Certified Management Accountant designations.

Please apply online with a resume and letter of interest to hr@cvd.org. For more information, please visit our web site at www.cvdvt.org. CVD is an Equal Opportunity Employer.

**KITCHEN AND BATH SALES**

Curtis Lumber Company is currently looking to fill a Kitchen and Bath Sales position in our Burlington location. We seek an engaged, energized and highly motivated individual interested in developing strong partnerships with our customers. Curtis Lumber cultivates an environment that fosters teamwork, excellent customer service and safety. We place a strong emphasis on developing our employees and seek individuals who have the interest in, and potential for, taking advantage of growth opportunities within the company.

Curtis Lumber is one of the 40 largest and fastest growing building material companies in the country and employs more than 600 people in 21 locations throughout Vermont and New York. Each branch is locally managed and is an integral part of the community where we do business. We are committed to delivering outstanding service while providing our customers with a vast array of construction and home improvement solutions.

The Kitchen and Bath Sales person would be responsible for engaging in face-to-face, phone, email and web-based sales opportunities. The ideal candidate would possess exceptional customer service and sales skills along with two to three years of experience in kitchen and bath design. Experience is preferred but not necessary, as we are willing to train the right candidate.

SOME OF THE RESPONSIBILITIES WOULD INCLUDE:

- Customer service
- Acknowledge, greet and assist customers in a timely and professional manner
- Handle telephone and electronic inquiries efficiently and effectively
- Identify the needs and provide the appropriate level of assistance to the customer

SALES SKILLS

- Understand the brands and styles in the marketplace
- Learn product features and benefits
- Work to meet customer needs and expectations
- Quote follow-up and quote to order conversion
- Develop a continuous business relationship with our customers and vendors

DESIGN LAYOUT AND PRODUCT SELECTION

- Define the scope of the project with the customer
- Plan the functional aspects and the visual look of the desired space
- Design a plan layout and assist customer with product selection
- Generate preliminary computer and/or hand designs of the project
- Order product and schedule deliveries to satisfy customer needs

We provide excellent benefits, professional development, growth opportunities and a success-oriented team environment.

If you have the skills and experience we seek and would like to apply for this position, please drop off a resume/application at the Burlington Curtis Lumber store, email your resume to employment@curtislumber.com or visit our website at curtislumber.com to fill out an online application.

Curtis Lumber is an equal opportunity employer.

Thinking of a fresh start?



FRANKLIN COUNTY
Home Health Agency, Inc.

Discover home health, where you can make a difference in someone's life as a home care

Physical Therapist Occupational Therapist

Use your professional skills to assess, plan, implement and evaluate direct care to people in their own home.
\$109,000 per year

Call (802) 527-7531
www.fchha.org

Minor Health Care, B. A. (MHA), VT (2013) Equal Opportunity Employer



I feel so good when I can make a difference! Join me



Washington County Mental Health Services, Inc.

Washington County Mental Health Services is currently seeking the following case management positions in our Community Support Program: **Community-Based Case Manager**

Want to do meaningful work with great people? Good at thinking on your feet, problem solving and being creative? Interested in mental health? Recovery-oriented individual sought to provide case management to adults with severe and persistent mental illnesses. This is a fast paced outreach position that includes supportive counseling, service coordination, skills teaching, benefits support and advocacy. Requires someone who is compassionate, creative, well organized, honest, dependable and strength based and has a bachelor's or master's degree in related field and a minimum of one year of experience. Supervision toward mental health licensure effort.

To learn more or see complete job descriptions, visit our website, wcmhs.org.

Apply online or send your resume to:
personnel@wcmhs.org or Personnel, PO Box 641,
Montpelier, VT 05601.

Equal opportunity employer.



Shelburne Farms is looking for an **EVENT COORDINATOR** and a **FOOD AND BEVERAGE MANAGER**

Please go to shelburnefarms.org
for complete job descriptions and application instructions



Maintenance Technician CAREER OPPORTUNITY

Join Champlain Housing Trust's Property Management team in Burlington and serve the affordable housing needs of a diverse group of people. Perform a variety of maintenance tasks including painting, cleaning, light maintenance, grounds maintenance and more removal. Supervise or coordinate planning, electrical, grounds maintenance required. Should be self-motivated, work independently and as part of a team, be personable, detailed and committed to a membership-based model of community controlled and permanently affordable housing. Reliable transportation and criminal background check required.

CHT is a socially responsible employer offering a competitive salary commensurate with experience. Our benefit package includes training, health insurance, vacation, holiday sick leave, 401(k) flexibility and life insurance. Submit a cover letter and resume by January 26th to: Human Resources, Champlain Housing Trust, 45 King Street, Burlington, VT 05402 or email HR@champlainhousingtrust.org. No phone calls please.

CHT is an equal opportunity employer. We are committed to a diverse workforce and to providing a safe, healthy, and supportive work environment for all employees.



OUTPATIENT THERAPIST

The Mental Health Center in Colebrook, NH, seeks a full time therapist to provide counseling for children and adults. Applicants must have a master's degree and be licensed or license eligible as a mental health counselor or clinical social worker in the state of NH. Supervision is available toward completion of NH licensing requirements. The starting salary is between \$40,000 - \$48,000 depending on license and experience. We are located in northern NH, near the border with Vermont and Canada.

Please submit your resume and letter of interest to:

Steven Arnold
Director of Behavioral Health
NHHS - The Mental Health Center
55 Colby Street, Colebrook, NH 03205
803-237-4865
sarnold@northernhhs.org

This position requires a valid driver's license, proof of adequate auto insurance and the submission of criminal and background checks. This agency is an equal opportunity employer and provides

Line Cook

Line Cook, Rutland, full or part time. Professional attitude, experienced and responsible. Creative, hard-back kitchen. Tossino Cafe/Resto. Call Chef Jon at 436-3146 tossinocafe.com

PROGRAM COORDINATOR

The Wake Up to Opioid Project seeks a full time Program Coordinator to support its community organizing, events and public story program in 2016. The ideal candidate has experience in community organizing, event and volunteer management, and nonprofit communications.

PLEASE SEE FULL JOB DESCRIPTION HERE:
wakeuptoopioidproject.org/jc

Development Manager

Do you love Vermont?

That's what we want! The Vermont Historical Society is hiring a Development Manager who has the primary responsibility of assisting the Director of Development in executing the fundraising plan to support development operations and programs. Details online.



www.vhsc.org

New, local, scam-free jobs posted every day!

sevendaystv.com/classifieds

STEWART FAMILY TRUST
**STEWARDSHIP
& OUTREACH
ASSISTANT** 

stowelandtrust.org

Health Care Data Analyst

Vermont Information Technology Leaders, Inc., has an immediate opening for a senior health care data analyst. Responsible for performing complex data analyses for internal business use and for client use.

Requirements: Five to seven years of relevant experience, master's degree preferred.

Email a cover letter and resume to humanresources@vritel.net.

NO PHONE CALLS PLEASE

Licensed Mental Health Clinicians

Affordable office space available in newly organized group practice setting in Essex Junction. With or without services.

For information, please contact
Nesha at 888-3450
or by email at
nesha@ocarebiz.com.



Human Resources Manager

We are seeking a Human Resources Manager to plan, organize and direct the activities of the Human Resources Department in accordance with state and federal laws, collective bargaining agreements and Board of Education policies and procedures to supervise the staff of the human resource department, to provide support to all district departments and schools on personnel matters, and to provide high-level assistance to the Senior Director of Human Resources and Equity Affairs.

Applications accepted through schoolspring.com.

Job ID# 2271804

EOE



South Burlington
Schools District

3875-16 School Year

Are you looking for great benefits?

How about great hours?

Need weekends and holidays
with your family?

Interested in a great working environment?

We may have just the job
you have been looking for!

Bus Driver – District

One position, 25 to 30 hours per week, five days per week, school year.

Qualified candidates will have a CDL Class "B" with passenger, air breaks and Vermont school bus endorsement, a clear driving record, and demonstrated ability to work collaboratively in a team environment.

This position will remain open until filled. Candidates may forward their resume and three current references to:

Dana Klamon
Human Resource Department
South Burlington School District
590 Dorset Street
South Burlington, VT 05403



Spring is coming, and we're growing!

**Web Developer
Product Manager
Customer Service Representative**

For details, visit
americanmeadows.com/jobs.

ROMAN CATHOLIC DIOCESE OF BURLINGTON

Graphic Designer

Roman Catholic Diocese of Burlington seeks to hire a Graphic Designer. This position will be responsible for design and layout and will prepare all graphic operations for the monthly diocesan publication, *Vermont Catholic magazine*, under the direction of the publication's editor. This position responsibilities also include but are not limited to all page layouts, copy photographs, correction proofs according to printer's requirements. This position also maintains all graphic and type files for future use/updates.

SOFTWARE USED: Adobe CS6 (Illustrator, Photoshop, InDesign)

QUALIFICATIONS: Bachelor's degree and/or master's degree in graphic art and design, journalism also a plus.

Candidates are asked to submit a portfolio of past work demonstrating graphic abilities and layout proficiency with application. Candidates considered for the position will be presented with a page dummy with copy and graphics for the selected applicant(s) to construct a layout to demonstrate their ability with the program.

HOURS: 30 hours per month and flexible work schedule as mandatory, due to magazine time constraints. (Evening hours are required to meet print/postal deadlines.)

If interested, please forward your resume to
rcmbureau@vermontcatholic.org.

COMMUNITY
CCV
COLLEGE
OF VERMONT

Staff Accountant, Montpelier

We are seeking a dynamic analytical thinker and problem solver to join our Montpelier team as a Staff Accountant. We are looking for someone who enjoys the challenge of working with multiple platforms and systems while being involved in a variety of accounting operations including accounts payable, payroll, accounts receivable, grants and general ledger. The ability to understand, define and communicate accounting perspectives is central to all aspects of this job. This role combines both independent and collaborative work as a part of a self-managed team.

Bachelor's degree in accounting plus two to four years' relevant experience in accounting or finance. Proficiency in Microsoft Office programs is required as well as experience with databases and complex computerized record systems. Knowledge of accounts payable, payroll or grants administration as well as experience in higher education or nonprofit organizations is preferred.

Assistant Office Manager, Montpelier

Under the direction of the center Administrative Manager, responsible for the daily and long-term oversight of building systems, security access, parking, building and equipment inspections, technology/media support for faculty and students. Organize and conduct safety and security protocols per CCV's policies and standards. Responsible for classroom and meeting space utilization and logistical planning for center events including faculty dinners and collegial events such as Staff Development Day. Be available to respond to emergency situations. Associate's degree plus two to four years' relevant facility/operations experience. Proficiency in Microsoft Office programs required as well as experience with desktop hardware and complex computer applications. Demonstrated ability to work within a fast-paced team environment. Normal hours will be 8 a.m. to 4:30 p.m., Monday through Thursday. Daytime and Friday hours will be required during registration periods when classes are not in session.

TO APPLY: In order to be considered, please submit a complete application package which includes a cover letter, resume, CCV employment application and contact information for three professional references at ccv.edu/learn-about-ccv/employment

CCV encourages applications from candidates who reflect the diverse student population. CCV is an Equal Opportunity Employer, in compliance with ADA requirements. Applicants needing special accommodations contact The Registrar at 888-5816 or hr@ccv.edu

The Bear Crew would LOVE your help!

Job Fairs Jan. 26th & 28th from 1pm - 4pm on site

Hiring for Seasonal Positions in our Call & Distribution Centers. Positions run from the end of January to mid February typically 2-4 weeks!

- Starting Pay: \$10.50/hr
- Flexible schedules
- 50% employee discount
- Fun people & culture
- Concessions & prizes
- Early Birds & Night Owls encouraged to apply!

Or download our application & bring the completed form to the seasonal recruiting office between 9am and 4pm Monday through Thursday or call to schedule an appointment. Please bring proper ID for the I-9!



For more info call 800-985-8434

6555 Shelburne Road, Shelburne | jobs.bearcrew.com
www.winn-dixie.com/employment

Town of Milton

Fiscal Assistant II

GOOD JOB GREAT BENEFITS AMAZING TEAM

The Town of Milton is seeking candidates with financial experience for the full-time position of Fiscal Assistant II. Position calculates, verifies, posts and balances a variety of transactions for the Town and School District. Tasks include grants management, bank reconciliations, daily deposit and accounts receivable. Position will be cross trained in payroll and accounts payable duties, and assist in major annual tasks like audit and budget preparation. Municipal experience a plus, but not necessary. This is an AFSCME Union position.

To apply, submit resume, cover letter and a Town of Milton employment application to **Mark Wells, Director-Administration & Community Services.**

Materials will be accepted via email at ewells@town.milton.vt.us, postal mail to **45 Southard Road, Milton VT 05468**, or in person at the Town Manager's Office.

Full job description and employment application are available at: miltonvt.org

For more info, call 802-885-6666

PlayCare CENTER CHILDCARE WORKER

The PlayCare Center of
MONTPELIER

Childcare position available
working with children 3 weeks
through 3 years. Education and
experience preferred, but we are
willing to train the right person.

For more information, please
contact Crystal at 434-3876 or
crystal@playcarecenterofmontpelier.com.

EXPERIENCED WANTED

**Home Instead
SINIOR CARE**

Let's do personal...

CLIENT CARE COORDINATOR

FULL TIME

Home Instead Senior Care
is looking for an organized
individual to join us in our
mission to enhance the lives
of aging adults and their
families. The Client Care
Coordinator recruits with
potential new clients, assists
with creating a plan of care
and schedule, introduces
caregivers to the client and
manages quality assurance
with intensive care on one
with our clients.

Experience working with
seniors required. Flexible
schedule including some
weekends and evenings.

Must be organized,
be able to multitask,
work independently, be
compassionate, have
experience with Microsoft
product suite and enjoying
working as part of a team.

Please send resume and cover
letter to: Patricia.Dubault@homeinstead.com

patricia.dubault@homeinstead.com

Westview Meadows
OF WESTVIEW
A Retirement Community

The Gary Home
Residential Care

IMMEDIATE OPENINGS

Resident/Nursing Assistant

Full Time
11 pm - 7 am

Seeking full time Resident/Nursing Assistant at
Westview Meadows & The Gary Home in Montpelier.
Do you like working with seniors? Do you have an
outgoing, motivated, and patient personality?
Ideal candidate will bring maturity, a strong sense of
compassion and a commitment to teamwork.
While working for Westview Meadows & The Gary
Home you can expect to feel a fun, energetic and
friendly team of people who enjoy working together
and creating excellence for our residents.

To apply please send your resume to:
employment@westviewmeadows.com
Visit us online

www.westviewmeadows.com & www.thegaryhome.com

Westview Meadows
171 Westview Meadows Road
Montpelier, VT

(Off Hours: 24 Hour, toll-free Longdistance Guard)

EEOE

The Gary Home
149 Main Street
Montpelier, VT



Washington County Mental Health Services, Inc.

**Washington County Mental Health Services is
currently seeking the following nursing positions:**

REGISTERED NURSES

Hourly Registered Nurse (Home Intervention): Looking for a
Registered Nurse to provide weekend professional nursing
supervision and care to consumers in a community based
mental health care facility. This nurse will provide both
psychiatric and physical assessments, communicate with
on call physicians, providers, facilitate admissions, and
delegate medication administration duties to direct care
staff as well as provide clinical supervision to direct care
staff. The successful candidate will have strong interpersonal
skills, work well as a team member as well as function
independently. This position requires applicants to be an RN
with a current Vermont license to qualify.

**To learn more or see complete job
descriptions, visit our website, wcmhs.org.**

Apply online or send your resume to:
personnel@wcmhs.org or Personal, PO Box 847,
Montpelier, VT 05601.

Equal opportunity employer.

*Discover the difference you
can make in someone's life.
We are seeking a deeply
committed, compassionate
nurse who seeks to grow their
career in a place they love.*



Registered Nurse

- Use your excellent nursing skills to improve the
lives of your patients in the comfort of their home
- Give back by helping people recover from
surgery or cope with chronic illness at home.
- Work as part of a collaborative team in a
supportive multidisciplinary environment.
- Must be a Registered Nurse in Vermont
- One year minimum of progressive clinical
experience as a Registered Nurse. Prefer home
care or acute hospice experience.
- Updated compensation package for RNs
- \$500 sign on bonus

Call or visit our website for details & application

www.fchha.org | (802) 527-7531



FRANKLIN COUNTY Home Health Agency, Inc.
Senior Manager of Operations
Equal Opportunity Employer



TETRA TECH ARD

ACCOUNTS PAYABLE ASSISTANT

Tetra Tech ARD has an immediate opening for a full time
Accounts Payable Assistant to join its Burlington team. The RPA
processes all accounts payable for the firm, collaborates across
technical sections/departments, within business operations
and with our diverse international field offices. Successful
candidates must have at least two years of related work
history, very strong multicultural communication skills, and
exemplary detail orientation.

Ideally suitable for this first posted position are a minimum of
a bachelor's degree in a related field, strong cross-cultural skills
and a positive outlook.

- Live in Burlington and work in international development.
- Employ your client support, detail orientation, accountability
and communications skills for the greater good
- Collaborate with development professionals around the world

Apply online U.S. Careers page at tetratechintl.com (Please
indicate where you saw our ad. Applications that do not meet
the minimum requirements will not be considered. No calls

The State of Vermont

For the people... the place... the possibilities.

VOCATIONAL REHABILITATION COUNSELOR - YOUNG ADULT

Department of Disabilities, Aging and Independent Living
Seeking an experienced human services professional for our Bennington office with a demonstrated ability to support consumers with physical, psychological or cognitive disabilities in their efforts to gain employment. Job duties include assessment, guidance and counseling; assisting in finding employment and work experiences; case management; documentation and collaboration with many community providers. This counselor will serve a cross-section of primarily young adults between the ages of 18 and 30. We place a strong emphasis on delivering successful employment outcomes for our consumers. Good computer skills are required. Travel will also be necessary.

Note: There is one position open for which we are recruiting at two levels (Counselor I and II), so applicants should apply for each of the levels for which they wish to be considered. If you meet qualifications to apply for both levels, you will need to submit an application for both positions. Reference job posting #6183415 for Counselor I and #6183775 for Counselor II. For more information, contact Will Penick-Brown, regional manager via email willpenick@vsevermont.gov, or at 443-2865. Location: Bennington State's Full time, classified permanent. Application deadline: January 27, 2016.

TRANSPORTATION RESEARCH PROGRAM MANAGER - CIVIL ENGINEER

Agency of Transportation
Vermont Agency of Transportation has an opportunity for a motivated leader to manage the agency's research programs. If you have been looking for the opportunity to move to the next level in your transportation career, look no further. In this position the incumbent will coordinate and oversee the VT's research efforts conducted by staff or consultants, will conduct academic research with the University of Vermont, and will oversee an experimental facilities assessment program to assess new technologies and techniques in project delivery. The incumbent will manage a New Products program and using the approved product list and champion technology transfer across the entire agency. As a senior transportation professional, the incumbent should be comfortable making presentations and with public speaking and representing VT's on state, regional and national organizations such as New England Transportation Consortium, AASHTO Research Advisory Council and research panels. Facilitation skills are desirable in fostering technology transfer and discussions of emerging issues and technologies within VT's. The Transportation Research Manager will also supervise a small staff and be familiar with contracting and procurement processes and practices.

Duties include office and field work to administer and support research activities related to a wide range of transportation issues. The research program addresses all modes of travel. Topic areas include but are not limited to construction materials and methods; engineering and design practices; safety and operations; and transportation and environmental policy. Research projects may include quick response laboratory research and monitoring, collection and analyzing field data (especially on VT's specific question), and research of regional or national significance in coordination with MITC or HICVRF. For more information, contact Joe Segale at 437-2385 or email joesegale@severmont.gov. Reference Job ID #6183664. Location: Montpelier State's Full time. Application deadline: January 29, 2016.

SYSTEMS DEVELOPER III, LIMITED SERVICE

Department for Children and Families
The Department for Children and Families has an exciting opportunity for an experienced Systems Developer to join our Top-paced Information Services Division. This position will act as technical lead on the C/I to Development Division's Race to the Top project. Responsibilities will include end-user oversight, system support, systems analysis and design, as well as acting liaison between the vendor and DCF for technical issues. For more information, contact maria.hershey@severmont.gov. Reference Job ID #6183895. Location: Berlin State's Full time limited service. Application Deadline: February 12, 2016.

SYSTEMS ANALYST III

Department for Children and Families
Would you like to make a valuable contribution supporting and developing software solutions to help improve the lives of Vermont's most vulnerable citizens?

We have an exciting and challenging opportunity for a Systems Analyst III to join DCF Information Services Division's team in Waterbury. You will develop and update software for DCF and its divisions. Development efforts will include analysis, design, development and implementation of SQL, C#, Java, JavaScript, .NET, Informatica, Maximo, InetSoft, Microsoft, and PowerSoft solutions. For more information, contact maria.hershey@severmont.gov. Reference Job ID #6183943. Location: Berlin State's Full time. Application deadline: February 4, 2016.

PUBLIC HEALTH NUTRITION SPECIALIST

Department of Health
We have an exciting and challenging opportunity for a registered dietitian who is enthusiastic and self-directed to join the WIC Nutrition team in the Division of Maternal and Child Health. Working at the state level, you will develop statewide nutrition policies and procedures, implement federal regulations and state health policies, perform monitoring and quality assurance activities, ensure that WIC nutrition services are coordinated with other programs serving women and children, help local-level staff develop and implement outreach, breastfeeding and nutrition plans, and plan or conduct training for nutrition and administrative staff. You must have expert knowledge of maternal, infant and child nutrition and feeding practices; knowledge of public health principles and practices; and program management; be able to work independently and provide leadership; implement public health interventions; and/or systemic change in a culturally competent way, and have excellent interpersonal and communication skills. For more information, contact Karen Flann at 652-6171 or email karen.flann@severmont.gov. Reference Job ID #6184117. Location: Burlington State's Full time. Application deadline: January 31, 2016.

CUSTODIAN II

Department of Buildings and General Services
We are seeking qualified applicants to join our team providing custodial and housekeeping services for state offices and facilities in the St. Albans area. Experience with carpet and floor care (including shampooing, stripping and refinishing) is preferred. **Please note:** This position will be a job share position consisting of two part time positions for 20 hours per week each. Each individual will be responsible for one of the two shifts. Work schedule: morning shift, 4 - 8 a.m. or evening shift, 4 - 8 p.m. **Special note:** This position will be responsible for cleaning efforts associated with Dept. of Public Safety/police barracks. A criminal record check and/or child abuse registry check may be required for some positions within this class based on the locations where duties are to be performed. For more information, contact Thomas pendergast@severmont.gov. Reference Job ID #6185338. Location: St. Albans State's Part time. Application deadline: January 27, 2016.

VOCATIONAL REHABILITATION COUNSELOR - ADULT

Department of Disabilities, Aging and Independent Living
We are looking for an experienced human services professional for our Burlington office with an ability to support consumers with physical, psychological or cognitive disabilities in their efforts to gain employment. Job duties include assessment, guidance and counseling; assisting in finding employment and work experiences; case management; documentation; and collaboration with many community providers. Candidates must have a master's degree in rehabilitation counseling; counseling, social work, psychology or special education; and special certificates apply. Good computer skills are required. **Note:** There is one position open for which we are recruiting at two levels (Counselor I and II). Applicants should apply for each of the levels for which they wish to be considered. If you meet qualifications to apply for both levels, you will need to submit an application for both positions. Reference job posting #6183776 for Counselor I and #6183111 for Counselor II. For more information, contact Mark Cecole, regional manager, mark.cec@severmont.gov. Reference Job ID #6183776 or #6183111. Location: Burlington State's Full time. Application deadline: January 28, 2016.

To apply you must use the online job application at careers.vermont.gov. For questions related to your application, please contact the Department of Human Resources, Recruitment Services, at 855-828-6700 (toll-free) or 800-253-0137 (TTS Relay Service). The State of Vermont is an equal opportunity employer and offers an excellent dental compensation package.

KICK OFF THE NEW YEAR IN STYLE!

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Treat yo' self — or a friend — to stylish goods from *Seven Days*.
Shop now at: sevendaysvt.com/store

MORE
STUFF
ONLINE!

50¢
— TO —
\$25



SIDE dishes

CONTINUED FROM PAGE 43



Photo by Eric Magallon

around the philosophy that many of the myriad health problems plaguing modern society result from weaknesses in the body's physiological foundations brought on by poor nutrition."

Through online study and three monthly workshops, students will explore digestive physiology and nutrients and learn plant- and supplement-based protocols for addressing common health problems as they relate to nutritional deficiencies. The course will also offer business-planning advice to would-be practitioners hoping to put their certificates to use as private practice.

A program of the Washington-based Nutritional Therapy Association, which offers similar courses around the country, this training is the first of its kind in Vermont. Classes begin on February 22 and are currently scheduled at the Courtyard Marriott.

Barbington Barber
More information is available at nutritional-therapy.com.

—HPE

Crumbs

LETTERS FOOD NEWS

This Sunday, January 24, **ANNEKE** will team up with chef **JAMIE** and **ALICE** at the **MARRIOTT** to host a four-course "scented dinner" with optional cocktail pairings.

The meal will mark **MARRIOTT**'s first appearance since leaving **Montpelier's** **LA MORA** **BAR** last fall. True to form, he's putting Vermont words and produce to work on his menu — and emboldening each item with A&M's nose-tickling scents. Organizers were still finalizing the menu at press time, but courses could include such dishes as pan-roasted local rabbit apricized with the scent of forest and field, or ginger-perfumed game birds. They'll be paired

with complimentary cocktails that carry wafting scents of herbs and citrus or bourbon-barrel-char. More info at annet.com.

Most Vermonters know that this small state produces some of the finest food in the nation. Still, it's fun when the national food community notices, too. Local companies took home a disproportionate number of awards at the 2016 Good Food Awards, held last week in San Francisco.

Reading's **WINE** **BAR** and **Montpelier's** **LA MORA** **BAR** took two awards each. **Montpelier's** **LA MORA** **BAR** and **Reading's** **WINE** **BAR** took one award each. **Montpelier's** **LA MORA** **BAR** also received awards for best condiments and jams from **THE** **WINE** **BAR** and **Reading's** **WINE** **BAR**.

—HPE

CONNECT

Follow us on Twitter for the latest food news: **Montpelier's** **LA MORA** **BAR** [@lamora](http://twitter.com/lamora) **Reading's** **WINE** **BAR** [@winebar](http://twitter.com/winebar)

LONG TRAIL BREWING CO. PRESENTS

UNEARTHED

A COMPLEX AMERICAN STORY THAT'S ROOTED IN A LABYRINTH OF ROASTED MALTS.

UNEARTHED

LONG TRAIL BREWING CO.

AT THE FLYNN

Billy Childs
"Reimagining Laura Nyro"

Saturday, January 23
at 8 pm, MainStage

Presented in association with the Office of the Vice President for International Affairs. Monthly and Multicultural Affairs through the UNIV President's Initiative for Diversity.

Doors 7pm & 8pm



"Black Angels over Tuskegee"

Friday, January 29
at 8 pm, MainStage

Presented in association with the Office of the Vice President for International Affairs. Monthly and Multicultural Affairs through the UNIV President's Initiative for Diversity.



Stream on **xfinity**

FLYNN CENTER

flynncenter.org 86-87



UNVEIL YOUR WEDDING EXP 2016

Sunday, January 31st

Noon-3pm

Dudley H. Davis Center

UVM Campus, 590 Main St., Burlington

Presented by

AFTER MIDNIGHT JEWELERS
- FINE DIAMONDS - AND JEWELRY -

Pre-register by January 27th at
www.unveilyourwedding.net
to get FREE show admission & a chance to WIN \$500

WIN PRIZES

Including a Vacation from:

Accent Travel
LEHMAN TRAVEL SERVICES



- Food & Cake Samples
- Photobooths
- Hair & Make-Up Demonstrations

Tickets at the door are a \$5 donation

to benefit: Women Helping Battered Women



JAN 21-23 | FAIRS & FESTIVALS

Hot in Here

Body, its cold, and its. What better way to heat things up than by taking on the thrilling talents on display at the Vermont Burlesque Festival? Headliners include Dakota, Michelle Monroe (formerly, Scarlett James) and the House of Lethity lead a burlesque lineup of local, national and international performers set to saunter across stages in Burlington and Essex. The evening starts with a bang at Ardmore, where audience members are treated to a cornucopia of burlesque and comedy shows. Temperatures continue to rise as performers in both venues and naughty world at 1000s Burlington. Want to get on the scene? Put your best foot forward in a variety of classes taught by local dance and arts instructors.

VERMONT BURLESQUE FESTIVAL

Thursday, January 21 through Saturday, January 23, at various venues and Burlington, \$50-\$65. Info: vrburlesquefestival.com

All That Jazz

In 2015, the National Endowment for the Arts wrote of musician Charles Lloyd, "Whether playing standards, avant-garde or world music, Lloyd's emotional, elegant playing spans on his fellow musicians." The saxophonist doesn't disappoint, hitting the stage with leading jazz guitarist and Bechet collaborator Bill Friel, drummer Eric Harland and bassist Benji Kagan. The Memphis-born writer began playing as a child and found his groove in the 1960s, recording with the likes of the Doors, the Byrds and the Beach Boys. Now, at 77, the post-bopger continues to break new ground, as shown in his 2012 release *Wild About Jazz*. The hard-fun, fluid to campus early to hear Lloyd and Friel roll on their celebrated careers.

WEB.27 | MUSIC



CHARLES LLOYD & FRIENDS

Wednesday, January 27, 7 p.m. at Springfield Auditorium. Tickets on sale for the Arts, throughout campus. In-person \$16-\$20. Info: 503-546-2422, bepartsof.com

JAN.23 | FAIRS & FESTIVALS

Fruitful Fête

In the old English tradition of testing one's health, Champlain Orchards hosts its fourth annual Winter Wassail fest on the orchard's sprawling, picturesque grounds this community celebration features fun for the whole family. Adventureous types who crave bearing sleds, snowshoes and sled can explore the scenery on foot, while others go-skiing through the snow on sleds and wagon rides. Blood-warming soup, bread and mulled cider find their way to frosty fingers around a crackling bonfire, where acoustic music sets a merry mood. The lively culminated in a cornucopia of treats, during which guests offer gifts of apple-cider doughnuts to the orchard spirits in hopes of a fruitful autumn harvest.

WINTER WASSAIL

Sunday, January 23 from market open noon to 6 p.m. activities 2-6 p.m. at Champlain Orchards in Shoreham. Free. Info: 888-2777, champlainorchards.com



THU JUL 14 PM 3

FRI.22

community

HOW HAVELY Having found the traces of interfaith tolerance and Carolyn Connor, New England's "King of Canine" attacks the racist South via his poems. **Penetration Studios**, 1000 1st St. 8-9 PM. \$10. Info: 705-238-0365.

community

FAST TIGHTENING UP Tighten those muscles and spend a couple of hours at a fitness center. **Marquette Park** for an active and fun group. **Free**. 5-7 PM. 200-633-6338.

conferences

LETTER FOR A CHANGE: SACRED CONVERSATIONS FOR RACIAL JUSTICE See 7/14/21

YOUR HEART AND MIND: SPIRITUAL RESOURCES TO ATONE ENERGY See 7/14/21, 8/1 PM, 3:30 p.m.

dance

ACCESSION DANCE VERMONT Join local movement in the South. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

MAD BOBIN CONVENT CANCEL Join the bohemian and the bohemian. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

SPIN LEVEL IMPROVIZATION Spin level improvization and performance. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

etc.

CLIMBING TOWNS Local climbing. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

THE HEMLOCKE TOWNS Local climbing. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

festivals & festivals

STONE WINTER CARNIVAL See 7/14/21

VERMONT MOUNTAIN FESTIVAL See 7/14/21

film

LIVING IN THE AGE OF AIRPLANE See 7/14/21

food & drink

COULDER TASTING Culinary. **Southampton** 10-11 PM. \$10. Info: 360-520-0000.

THE RETURN OF WINE See 7/14/21

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calendar

TUESDAY

longstage

LA CAUSINE: FRENCH CONVERSATION Join us for an evening of conversational practice. Elise Carbone, Burlington 4-36-56. Fee: Free. Info: 540-695.

PAPER LIPS FRENCH CONVERSATION French language for Americans. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

recreation

THE "SIXTEENTH BIRTHDAY" Night of stories and conversation for a new generation of young adults and young adults. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

WILD! WILD! DUT! Jeff Comedy and company for the stage with all rockers. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

entertainment

MUSICIAN: YOU ARE INVITED TO MUSICIAN Musician of the Central Vermont Music Fair. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

SOCIAL-EMOTIONAL LITERACY WORKSHOP FOR CHILDREN Parents: Free. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

And bring us your favorite book. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

talks

KATHY FEE: The University of Vermont professor presents a series of talks. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

events

ROCKY MOUNTAIN LUNCH Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

crafts

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

writing

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

WED. 27

activities

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

and bring us your favorite book. Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

agriculture

SMALL SCALE HONEYBEE CULTIVATION Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

education

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

arts

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

community

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crafts

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events

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family & friends

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

film

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

music

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

recreation

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writing

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food & drink

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

golfing

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.

hiking

WINTER CRAFTS Info: 540-444-0400. Burlington 4-36-56. Fee: Free. Info: 540-444-0400.



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On their latest record, Cracker pulled a fast one. For one thing, that record is actually two records, a double album called *Bakersfield*. For another, the band, which has built a 30-plus-year career fusing country, punk and Brit pop, made a conscious effort to tease apart its formative influences into two distinctly different-sounding collections. *Bakersfield* is a ramby amalgam of rock that leans as heavily on founding duo David Lowery and Johnny Hickman's northern California punk roots as it does on their shared affinity for the offbeat work of the Kinks. *Bakersfield*, meanwhile, is an exploration of and homage to the raucous sounds of that California city and its core country music heritage.

A version of Cracker dubbed the *Trippin' Trio*—that's Lowery, Hickman and Matt "Punk" Stacey—will perform an acoustic show at the Virginiana Opera House on Sunday, January 24. In advance of that show, we caught up with Hickman by phone and asked him about the new album, the changing landscape of the music industry and his bandmate Lowery's recent lawsuit with streaming service Spotify.

SEVEN DAYS: Cracker has always drawn influences from, and merged, rock and country. Why explicitly separate the two for the double album?

JOHNNY HICKMAN: From the very first record, David and I decided not to exclude any of our influences. We both love country, punk, Brit rock. So when we write, it naturally comes in because it's in our DNA. Just before the first record, David had Garper Vin Beersheva, which had a good two-or-three-year run. And I had been playing up in Bakersfield, after a bunch of punk bands. I just wanted to explore that Bakersfield thing, because country had always been a part of my upbringing. So when we got together, we tried to maintain that whole way through. And there's a little bit of that on every record.

This time around, David suggested we do two different sets, because it sounded like we had two completely different sets of music. And we recorded



Drawn Together, Pulled Apart

Talking with Cracker's Johnny Hickman

BY DAN ROLLES

them with two different bands, which brought it even more in that direction. So it just naturally went that way. It was a little risky, a little crazy. One, who does a double record anymore? Usually that just means you've got too many songs, maybe enough for one good record. I even think that about the White Album.

SD: *Whoo. That's almost sacrilege.*
JH: Well, it's still pretty good. [Laughs]

SD: *Agreed. You've made some notable fans along the way. Tom Petty, the Grateful Dead. What's it like to have artists on that level appreciate what you do?*

JH: We're being really fortunate to make those connections over the years that have helped us wend our way into the business. It's an honor to have people of that caliber see what we're doing. For a band like us, we've never been big. We're a mid-level, cult-to-loving-kind of band, which suits us just fine. We're not

making millions, but we make a living and get to do what we love to do.

SD: *Speaking of making a living, has there been any movement on the Spotify lawsuit?*

JH: That's up and running. We'll see where it goes. I think David took the right approach to do what's right and make sure we get paid, which is basically what it comes down to. You have these streaming companies that are barely trickling down pennies per song to the artist. So someone like Taylor Swift pulls her songs down. She doesn't need the money; it's about the principle. And other people have done it, too. It's just not the way it should be constructed.

So when David is saying is that it's not just morally wrong, what they're doing is illegal. David has a degree in math and teaches a music business finance course at the University of Georgia. So he put two and two together and realized that these companies are infringing

on copyright laws. Some people don't grasp that, yes, music is intellectual property. We wrote those songs, they're expensive to record and take time to make, and it shouldn't be free. We will give stuff away, live tracks or a song from a new album that people can download, but that should be our decision, not somebody else's.

SD: *It's something I struggle with as a fan. I use and pay for Spotify. And I enjoy it. But when I look at the \$10 a month I spend compared to the luxury of having practically the entirety of recorded music at my fingertips, something doesn't add up.*

JH: We realize that streaming isn't going away. It's where the industry is heading. The issue is getting to a point with the streaming services where we get a fair cut. If you want to hear our entire

SOUNDbites

BY DAN BELLES



Wakeup Call

It's late January, which traditionally means folks are kind of slow on the local music scene. Though the typical winter doldrums haven't been quite as dire in recent years as they once were, the period from New Year's Eve to, oh, Saint Patrick's Day is still relatively quiet. That's partly because the frozen hellclaw of winter means no ideal time to hike up, rather than biting the cold with the fever and frequency we might come. Just. For normal folks, that means being wrenching bitter — and maybe being drinking hot toddies — in the cozy comfort of home. For musicians, that's a bit more hands-on: devote to the studio making the records that will rock to some warmer months finally come. And even though we all know those warmer days are indeed coming, in the bleak midwinter it can be easy to lose sight and wallow in the darkness. The endless, icy darkness.

Where was I? Ah, yes! Combining icy cables fever induced seasonal affective disorder. (All work and no play makes Don a dull boy.)

Especially this time of year, little reminders of what lies ahead can do wonders for our collective mental well-being. For fans of local music, those reminders typically take the form of

seasonal concerts from any and all of the roughly 43,562 summer music festivals that will thrill us from May through September. As luck would have it, this week we have an early line on one of our favorites: *Waking Woodies*.

Savvy fans likely already know that early bird tickets for the ultra-hip Woodstock festival went on sale last week. And the amount of those likely jumped as the discount tickets — \$45 for the whole weekend. Even at full price, WW is, dollar for dollar, the best indie fest in Vermont, and maybe the entire Northeast.

What those fans didn't know is who they were buying it to see. WW plans to make a larger announcement on February 1, but cuds under *WUWUWUWU* was kind enough to leak some of the act who will be rockin' round the roundabout in May.

The big name is *WUWUWUWU*. The recent Merge Records signees last played Vermont in May 2013, under the aegis of Waking Woodies Presents. Reagin notes that the first time they were here was three years ago for a living room show. The season, as always,

is you never know who you might see at a living room or underground studio show in BTU.

Several other bands on the WWFS slate also have nifty connections to VT and the festival. For example, *LADY LARK* The Maine native has made Burlington a regular stop in recent years, but she played her first VT show at the Monkey House, the unofficial home of Waking Woodies, six years ago. That was, presumably, when she still kept bees. Last summer, Lady Lark opened for the *ONEGROWNUP* at the Shelburne Museum as part of the Ben & Jerry's Concerts on the Green season, which should tell you how her career has progressed since.

Rockers *LOW* cut corners closed last year's festival, and they're coming back for more this year. Portland, Maine's *JAM GUNS* have played almost every WW fest. They'll be back after hitting the road with *one and seven* — including a gig with the latter at the Higher Ground Fallouts in South Burlington on Wednesday, January 30. Rounding out the local talents are Montreal's *PLANTS AND ANIMALS*, whose Reagin describes as "intoxicant." Over the years, I've learned to trust Paddy when it comes to all things awesome, musically speaking.

Reagin also dished on some local acts who are confirmed for the fest, including *WUWUWUWU*, *WUWUWU*, *CAROLINE GUN*, *WUWUWUWU* and his own band, *WUWUWUWU*. But you can bet that list will multiply by the first weekend of May. After all, once with the increasingly glibly creative names, the backdrop of Waking Woodies remains homegrown talent.

Oh, and speaking of glibly names, I should point out that the previous bands are not the headliners. Reagin is keeping that info under lock and key for the time being. But that should give you an idea of the caliber of bands we can expect.

Waking Woodies runs from May 6 to 8 in locations all over Vermont. A limited number of early bird tickets are available via wakingwoodies.com.

SOUNDBITES BY DAN

live culture
VERMONT ARTS NEWS • VIEWS

For up to the minute news about the local music scene, follow @dotmusic on Twitter or read the Live Culture blog www.danp5wendaysvt.com/liveculture.

HIGHER GROUND

THU 1.28
1047 The Portlanders
Greenleaf Glasgow
Horseshoe & Portland Grinders

SAT 1.24
Monstrous Party
(featuring Block Jordan & Zdenek Gabb of Twisted)
Seymour Beckley

SAT 1.23
Make Veterans Count
with Jesse Lee Thurman

SUN 1.24
Tar Miller
Sean McVerry

FRI 1.28
Last Nation Present musicians
Dread Sessions

SAT 1.30
Liquid Stranger
Jesse Lee Thurman

SUN 1.31
Mariene's French
Muriel

WED 2.3
Lotus
The Lotus

THU 2.4
Black Tiger Sex Machine
Jesse Lee Thurman

FRI 2.8
Real Big Fish
Jefferson Legends: The Masters

JUST ANNOUNCED —
11:15-12:00 (12:00-1:00)
230 South Main
420 South Main
600 South Main

1014 Middle Road, South Burlington
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@higherground
@highergroundvt

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Drawn Together, Pulled Apart

BY JEFF LABRECQUE

ending, that's fine, as long as we get to wet our beak, as the old saying goes. I think the solution is in the process of being invented. And hopefully that's what happens as a result of David's lawsuit and other musicians' groups that are trying to get us a square deal. I mean, through the ages there have been companies that don't pay artists their fair share and others that do, and everything in between. That's the way any industry works. Artists have been getting ripped off forever. That's nothing new.

SD: So how do you avoid getting screwed over?

JH: A lot of it is having the right management, people who will watch out for you. In the case of David, he's a lucky man, and not many people can pull the wool over his eyes. Mike Jagger is the same way with the Stones. He went to the London School of Economics, and he's very smart.

More and more, with the DIY way things are now, it's really important to know, or have someone who knows that staff and can see all of the little sorts of ways money can be taken from you.

SD: In your mind, what are the best and worst things about how the music industry has changed since you first started?

JH: The downside of it is that people don't seem to have the same respect for the creation of music that they did. I think it's become more important to be a good live band, which is something we've always prided ourselves on being. Anybody can make a record now. But it takes guts to be a scrappy little band doing your own management, making your own record and/or and going out on the road.

I produced this band in Denver called the Yngvans. They got a deal on Bloodshot Records, and we spent a lot of

IT TAKES GUTS TO BE A SCRAPPY LITTLE BAND DOING YOUR OWN MANAGEMENT, MAKING YOUR OWN MERCHANDISE AND GOING OUT ON THE ROAD.

JOHNNY HICKMAN

time trying to make sure they were going to be taken care of. But they're doing what they're supposed to do. They're out on the road, playing and playing. And when they get home, they do laundry and get back out on the road. That's how we started. It may cost you a relationship or two, but that's what you do when you perform for a living. You perform, and you better be damn good at it and work hard.

SD: And the upside?

JH: The upside is that artists can do all that themselves. Most young artists I know are relatively savvy when it comes to promoting themselves, booking, all of that. They realize that they can create their own careers. And I think that's fantastic. That's what happened in the beginning of indie rock, which is where it all came from. Bands like Grapewin, Van Dethoven, the Meat Puppets, that labels didn't know what to do with, they did it themselves, before the internet, putting their own "them and theirs" stuff out. It's the same thing today. The DIY approach to create your own career from the ground up. That's how the Graveler-Grapewin Van Dethoven legacy started — David writing to labels like SDT and asking, "Well, how do you do that?" ☺

INFO

Trackset performs on Sunday, January 24, 6 p.m., at the Longmont Open House, 523 7th. kallyliveopenhouse.com



Bites in Brief

It's been a while since last we heard from Vermont apiculturist JAMES LUTHE. But this surprising Newfville country star is back in his home state this week in support of a truly worthy cause. On Saturday, January 23, he'll headline a benefit show called Make Veterans Count at the Higher Ground Ballroom, with support from local country band the WOODSONS. Proceeds from the gig go to Veterans Count, a national vets' organization that recently opened a chapter in Vermont. All of the money raised at the show will remain in-state to aid local veterans.

The plight of American veterans has long been an important issue in

Thompson, the parent he's helped raise money for the Intrepid Public Heroes Fund. Most recently he teamed up with Atlanta-based group called *Homefront* to work on a documentary/home video project called *Ghosts in the Eyes* — they also released a Thompson EP of the same name. The film takes a hard look at the struggles faced by soldiers returning home from combat with PTSD, and the phenomenon of that illness takes not only on the soldiers themselves but on their families and communities. If you've been to a local movie theater recently, you might have seen the trailer for it.

Speaking of exports, ANDREW PALCY, of RTW, says that most work based the same

...and makes a horrorcoming stop this week. On Tuesday, January 26, he'll be at the Light Club Lamp Shop with a new manuscript, formerly of *Prometheus*.

Since leaving Burlington for Brooklyn and then Chicago, Polcy has toured all over the U.S. and Europe with the State Ags. He's also carved out a successful career as a solo act, touring Europe twice in 2015 and releasing a new record, *Songs for Dorian Gray*, on Plex Records.

last but not least, *anatomie's* death last week sent shockwaves of sadness around the globe. In Vermont, a number of tributes were offered to the late pop-culture icon. *anatomie* forms offered a touching and really good rendition of "As the World Falls Down." *anatomie* offered a Madeline-tized version of "Sturgeon," which was even better.

Last Saturday, Radio Beem held a celebration of the Thin White Duke's life called Zaddy's Best A Writer for David Bowie, featuring live performances and a funeral parade. I couldn't attend, but I can only imagine it was every bit as weird and wonderful as only such an event of the Beem can be. In other words, a perfect tribute to the man.

If you missed that last one, the Beas will play host to another Bowie bash this Friday, January 22. Local surf godfather's **HAWKING** will serve as the backing band for a collection of sea lullaby singers, including **WOLFE WOLFSON**, **ROUSH FRANCES**, **ROBBY SACCOMBI JR.**, and **OWEN**. **HAWKING** destination and **THE GREEN**. **Barbours**'s **WILL WOLFSON** notes that the show will likely focus mostly on Bowie's glam era, with "probably nothing from **Lobsterfest** or **Tim Machine**."

Welp, I guess I'll return the over-the-counter pedicure I bought last week. ☹



Listening In

A point of interest here is my friend, **Kenneth "Lefty" Brock**, player no. 10, who is a

SONG, Darius *He Played Piano to Death*
ANDERSON, PAUL *Malibu*
RAMMIE, Darius
LARSEN, Hudson
ANDERSON, Darius *The Star*



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now 

SEVEN DAYS
sevendaysvt.com/news

WED.20

burlington

EXTENDED Star Wars Trivia 7:30 p.m. free.

THE DAILY PLANET (Star) Peterman & Joe Cappa (jazz) 8 p.m. free.

THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

IF SUPER Full-time with/outs 7 p.m. free. Karaoke with Melody 10 p.m. free.

JUNKIES Tyler West Opened Two (alt) 8:30 p.m. free.

LIGHT LAMP DISH (hardcore) 8 p.m. free. 18th Night (rock, blues, jazz) 10 p.m. free.

MARIJUANA PIZZA PUP Opened with a city singer 8 p.m. free.

METATE Night Night with Brian Phelan & Quince 7 p.m. free. Kevina Presents The French Lesson with Laika Lee Leonard (rock, jazz) 10 p.m. free (DJ) 11 p.m. free.

NADIE BEAR Necromancer (metal) 10:30 p.m. free.

RED SQUARE 8 (Pop) 10 p.m. free.

THE SKINNY FRANKIE (FUNKY) Joe P. Presents Acoustic Soul Night 8 p.m. (DJ) 10 p.m. free.

NEIGHBOR COMEDY CLUB Standup Opened 7 p.m. free.

SEN LOUNGE Kalamazoo (jazz) 7 p.m. free. Zenology College Night (jazz) 10 p.m. free.

chittenden county

EMMER BEARER (hardcore) 8 p.m. free. (DJ) 10 p.m. free.

LOWEY Jason Dunne (jazz) 8 p.m. free.

THE DAILY PLANET (Star) Peterman & Joe Cappa (jazz) 8 p.m. free.

THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

IF SUPER Full-time with/outs 7 p.m. free. Karaoke with Melody 10 p.m. free.

JUNKIES Tyler West Opened Two (alt) 8:30 p.m. free.

LIGHT LAMP DISH (hardcore) 8 p.m. free. 18th Night (rock, blues, jazz) 10 p.m. free.

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NADIE BEAR Necromancer (metal) 10:30 p.m. free.

RED SQUARE 8 (Pop) 10 p.m. free.

THE DAILY PLANET (Star) Peterman & Joe Cappa (jazz) 8 p.m. free.

middlebury area

EXTENDED Star Wars Trivia 7:30 p.m. free.

THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

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THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

IF SUPER Full-time with/outs 7 p.m. free. Karaoke with Melody 10 p.m. free.



SAT.21 (TOPPED ROCK)

In the Running

Spinner is the second album from Brooklyn's **ROMERO** — aka Michael Scott. The title is a nod to the young songwriter's time as a high school track athlete and frames the album, well, running themes of running away from one's past. Turns out with a very delicate touch that's deeply intimate. But she coaches the emotive punch of her lyrics in heavy 1990s-inspired alt-rock that suggests that no matter how fast you run, your past is never far behind. These plays Signal Kitchen in Burlington on Saturday, January 21, with locals **SHALL** and **TYLER DANIEL**.

outside vermont

BLUES ALBERT Acoustic 5 p.m. free.

EMMER BEAR (hardcore) 8 p.m. free.

THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

IF SUPER Full-time with/outs 7 p.m. free. Karaoke with Melody 10 p.m. free.

JUNKIES Tyler West Opened Two (alt) 8:30 p.m. free.

LIGHT LAMP DISH (hardcore) 8 p.m. free. 18th Night (rock, blues, jazz) 10 p.m. free.

MARIJUANA PIZZA PUP Opened with a city singer 8 p.m. free.

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NADIE BEAR Necromancer (metal) 10:30 p.m. free.

RED SQUARE 8 (Pop) 10 p.m. free.

THE SKINNY FRANKIE (FUNKY) Joe P. Presents Acoustic Soul Night 8 p.m. (DJ) 10 p.m. free.

outside vermont

BLUES ALBERT Acoustic 5 p.m. free.

EMMER BEAR (hardcore) 8 p.m. free.

THE GYTHON 8 Trondheim (hardcore) 10 p.m. free.

THE GUNNERS SPEAKERS Stone Road (folk) 8 p.m. free. Aquatic Underground (DJ) 10 p.m. free.

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outside vermont

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outside vermont

BLUES ALBERT Acoustic 5 p.m. free.

EMMER BEAR (hardcore) 8 p.m. free.

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NADIE BEAR Necromancer (metal) 10:30 p.m. free.

RED SQUARE 8 (Pop) 10 p.m. free.

THE SKINNY FRANKIE (FUNKY) Joe P. Presents Acoustic Soul Night 8 p.m. (DJ) 10 p.m. free.

REVIEW *this*

Drunk & In the Woods, Coals & Fire

(SELF-RELEASED DIGITAL DOWNLOAD)

Drunk & In the Woods are a Johnson-based sextet, led by front man and mandolinist Henry Clark. While Clark and five others form the core of the band, no fewer than 10 musicians appear on the group's debut, *Coals & Fire*. Appearing in similar quantities are the myriad styles that make up the band's sound: a fusion of jazz, folk, soul, R&B and bluegrass-informed Americana. More: If that sounds like an "everything-but-the-kitchen-sink" recipe, it is. Parts of the group's debut show promise, while other spots warrant some polishing.

Coals & Fire opens with the spicy, trawling instrumental "Blue Sky Rapscall." Last you think you're as far as you can, the record suddenly shifts to late-night funk.

The electric-guitar-fueled "Clark Room to Fire Bright" introduces us to the talented lead female vocalist, Emily Haley. Unfortunately, the band seems to be pushing the "sexy-funk" envelope a little too much. While Clark and Haley's drooping back-and-forth vocals are for



"vaudeville," it falls too far out, too steeply.

The band quickly bounces back with the slower, R&B-tinged number "Light Switch." When Clark and Haley strip away some of the drama and allow vocal lines room to breathe, their interplay works. Here, and on tender tracks such as "Short Love," the harmonies are complementary rather than competitive. Haley's voice meanders like thick clouds of cigarette smoke—sensual, nostalgic and seductive.

"Big Ray" is a turn to the chopper-associa-ness of the opening track just before "Moonshine" abruptly brings a dose of Americana to the party. Jazz and folkie provide the requisite amount of swing. It feels like Clark is indulging a personal whiskey-guzzling daydream, but it's a satisfactory burn burner.

More genre experimentation arrives with "Two Shoes," which swings with waltz trambone and a sprightly bass. "I'll meet the Ways the World Turns 'Round" would be at home at a jazz, salsa-soaked brunch.

The closer, "Drunk & In the Woods," opens with crashing glass and the sound of scowling and pining wine. Clark buoyantly sings of partying, and the band plays along. Drunk and in the woods, indeed.

Drunk & In the Woods' enthusiasm for different genres is apparent on *Coals & Fire*, but many sounds vie for attention, with the result that the band can seem overextended. Still, some of these are worth more exploration. With the right setting, Haley's soulful vocals could launch her to queen status in the Vermont folk scene. As a headliner, Clark's energy and vocal talent is abundant. If the can channel his appreciation for diverse genres into a more coherent sound, Drunk & In the Woods will make the next mark.

Drunk & In the Woods' debut album, *Coals & Fire*, is available at drunkandinthewoods.bandcamp.com.

LEE CANTRELL

Iron Eyes Cody, Goodness All Good Faints Have Died

(FUTURE RELEASE DIGITAL DOWNLOAD)

Attempting to convey personal stories through the eyes and actions of another can be a risky endeavor for a songwriter. Artists can risk transforming what should be a narrative driven by personal emotions and experiences into a glorified work of misused fiction. This risk pays off for Iron Eyes and the other members of Iron Eyes Cody. Across the six tracks of their debut album, *Goodness All Good Faints Have Died*, listeners are dropped into a variety of narratives that take them from New Jersey to Oklahoma to the boys.

The seeds for Iron Eyes Cody were planted at Middlebury College in 2002 and grew over the next year into the slipper form it takes today. Allie, who also plays guitar, provides vocals along with Ryan Malloy. Add Noah Stone on keys and accordion, someplace, harmonies



and vocals by Mark Balderson, Joe Lauenroth on Lakota guitar and bass and Patrick Premont on drums and mandolin, and you have the backbone for Allie's poetic storytelling.

The band is sure to begin with "The Distance," a track that exhibits Malloy's capable vocals. When the entries continue into the track, Malloy intently adds melodic color. He also introduces a new character to the sound that extends through all the tracks that follow.

Although unassuming on the surface, "Back Here With My Thoughts in 'Trenton'" demonstrates the band's nuanced prowess. As Allie repeats the lyrics

"Faints streets / They can't stand the beat / If the heart's not settling down," the lead swells from a faint, distant harmonica to a full-blown horn section playing all the singer's melodies.

"The Boys" again showcases Malloy as vocalist and suggests what may be the album's only downfall: that it doesn't contain a dozen more songs like "The Boys." Malloy's singing style here is more akin to indie-folk; the song wouldn't have sounded out of place on a First Aid Kit album.

With only six tracks, *Goodness All Good Faints Have Died* may be relegated to three every song in their catalog into a debut album. But the songs are so carefully selected to work as a unit, like a well-oiled storytelling film. *Goodness All Good Faints Have Died* by Iron Eyes Cody can be downloaded at ironeyesband.bandcamp.com or streamed on Spotify. The band plays on Monday, January 25, at Nectar's in Burlington.

JEREMIAH DUCHIN

ONE SUMMER, EIGHT MEN COMPLICATIONS... VERMONT PRIDE THEATER AT CHANDLER PRESENTS LOVE! VALOUR! COMPASSION!

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Directed by
Leo Love



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THU IMPROV NIGHT

21 Life of the Party / Daily Grind

FRI22SAT23

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UNIVERSITY OF VERMONT PREGNANCY STUDY



Researchers at the Vermont Center on Behavior and Health are looking for women who are currently pregnant to participate in a study on health behaviors and infant birth outcomes.

This study involves:

- 9 short appointments (approximately 15 minutes each)
- Flexible scheduling, including weekend and evening appointments
- Compensation \$760
- 2 Free Ultrasounds

If interested, please visit our website to complete the enrollment: www.vcbh.org (http://vcbh.org)

FOR MORE INFORMATION, CALL 800-464-3348 OR VISIT FACEBOOK.COM/UNVPMHS



FRIDAY (1) I AM SNOW ANGEL (ELECTRO-POP)

Wintry Mix

If you're a songster who built for a certain season, I AM SNOW ANGEL was made for winter. The songster's chilling take on electro-pop evokes both the beauty and the desolation of the coldest season with steamy beats set against crystalline vocals that shimmer like the northern lights. Bundle up and catch SASA at Radio Bean in Burlington on Friday, January 22.

FRIDAY 12 @ 6 PM

staseo/savage area

INDIGO PLACE: Curio (rock) 7 p.m. free. Marissa Rabinowitz (rockabilly) 9 p.m. \$5

WOMEN'S INSURANCE: TONYON (country) 8 p.m. \$5. Bachelors of Rockabilly (rockabilly) 9 p.m. \$5

BLUESVILLE: Aaron Brothers (blues) 8 p.m. \$5. David (blues) 9 p.m. \$5

STONEDOWN INN: Homey (folk rock) 8 p.m. free

swad river valley/waterbury

SLACKER LUGGERS & TAVOLLO: Fido (pop) 8 p.m. \$5. Theology (country/folk) 9 p.m. free

middlebury area

CITY LIMITS: City Limits: Dance Party with Top Hot Entertainment (Top 40) 9:30 p.m. free

TWO RIVERS: SPANGLERSON & STAGE: Jam (rock) 8 p.m. \$5. (dance party) 9 p.m. free

northeast kingdom

PAID KIDS: DANCE: Double Down (rock) 8:30 p.m. \$5

outside vermont

MINNEAPOLIS: Live! (electronic) 8 p.m. free

MINNEAPOLIS: DOWNWIND: Happy Hour Tunes & Trax with Gary Powers 8 p.m. free

SAT.23

burlington

BLUES/ROCK/BLUES: Andrew Merris (rock) 8:30 p.m. free

BLUES/ROCK/BLUES: Robynson (rock) 9 p.m. \$5

FRANKY'S: Alexander 8 p.m. free

BLUESVILLE: SPANGLERSON (rock) 8 p.m. \$5. (dance party) 9 p.m. \$5

JPS PUB: Kinesis with Regan 8 p.m. free

JPS PUB: Silver Wolf (country) 9 p.m. free

LIGHT BLUE LAMP: CHOP: Aaron (pop) and Eliza (rock) 8:30 p.m. free. (dance party) 9 p.m. \$5

NEIGHAN'S: Juke (rock) 8:30 p.m. \$5. (dance party) 9 p.m. \$5

RADIO BEAN: Double Down (rock) 8 p.m. free. (dance party) 9 p.m. \$5

RADIO BEAN: Double Down (rock) 8 p.m. free. (dance party) 9 p.m. \$5

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middlebury area

CITY LIMITS: City Limits Dance Party with DJ Ben
(Sat) 10:30 p.m. free
TWO BEERIES TAKEN/DONORS & STAGE: 10:00
Pete & the Affiliates (Sat) 8 p.m. \$2

northeast kingdom

FRANCE FIE CE: 10-12 Tunes, live acoustic, live
Harpwood (Sat) 8 p.m. \$5

outside vermont

MINORIAL: One Summer's Night, live, acoustic
Harpwood (Sat) 8 p.m. free

SUN.24

barre/montpellier

HEAVY METAL: 10:00-11:00 P.m. Open House of
Harpwood (Sat) 8 p.m. free

THE GUNNERS: Stone Mountain and Little Falls
(Sat) 8:00 p.m. free

HECTIC: 10:00-11:00 P.m. Open House of
Harpwood (Sat) 8 p.m. free

THE BLUE MOUNTAIN PUB: Open House, 10 p.m.,
free

HARD ROCK: 10:00-11:00 P.m. Open House of
Harpwood (Sat) 8 p.m. free

THE GUNNERS: Stone Mountain and Little Falls
(Sat) 8:00 p.m. free

HEAVY METAL: 10:00-11:00 P.m. Open House of
Harpwood (Sat) 8 p.m. free

THE GUNNERS: Stone Mountain and Little Falls
(Sat) 8:00 p.m. free

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HEAVY METAL: 10:00-11:00 P.m. Open House of
Harpwood (Sat) 8 p.m. free

THE GUNNERS: Stone Mountain and Little Falls
(Sat) 8:00 p.m. free

JAMES McMURTRY

FRI. FEB 26
7:30 PM
STOW, VERMONT

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SAT.23 / BILLY CHILDS (M32)

MOR.20 @ PT

afonso/innings arena
HOBBS PLACE Ted & Necessity
 (late acoustic show) 7 p.m. free

northwest kingdom
PIAT KATE TAYLOR Jay hat etc
 (late show) 8 p.m. free

outside vermont
OLIVE HOLETT'S live solo with
 Goldenberg 9 p.m. free

TUE.26

burlington

CLAMP HITCHHICKER (live set)
 (Cofield Great) 10 p.m.
 \$4.50, \$8
BBBQ Derek Connolly Open Mic
 9 p.m. free

JPL FIVE

Open Mic with 4 p.m. free
LIGHT CLAMP SHOP
 Parking Show 5 p.m. free
 Adam Robinson and Andrew
 Bailey (late) 8 p.m. free

NECLARE Tanya McElroy
 Chelmsley Jones (acoustic show)
 10 p.m. free \$5
QUEEN PEAR Stephen Callahan
 live (late) 6:30 p.m. free

Spencer Space Telescope
 (late) 8 p.m. free
Rocky York
 Tuesday with Eric Deming &
 Friends 10 p.m. \$5

RED THUNDER COUNTRY (live)
 8 p.m. free, ERIC McNEIL
 (late) 10 p.m. free

chittenden county

HOBBS PLACE The Full
 Cleveland (live set) 8 p.m.
 free \$5
ON TAP BAR & GRILL Tanya
 Knight 7 p.m. free

WATERGATE FIVE + ONLINE

Tuesdays 7:30 p.m. free
barre/montpelier
PAINTED ANGEL & RUBY
 ERSE, the Peoples (live) 10 p.m.
 donation

CHARLIE O'NEILL FANCLUB
 Gertler for the color 9:30 p.m.
 free

SWEET HOURS (live) 8 p.m.
 free

afonso/innings arena

HOBBS PLACE Jason Westbrook
 (live) 7:30 p.m. free

middlebury area

YOUNG HENRY LUGAN
LUGAN & STAGE Geneva with
 Florida Entertainment 8 p.m.
 free

Nyro Worship

Laura Nyro's songs are best known through renditions by the likes of Barbra Streisand, the Sex Pistols, Blood Sweat & Tears, and Peter, Paul & Mary, among others. Nyro, who died in 1997 and was posthumously inducted into the Rock and Roll Hall of Fame in 2012, never got the acclaim she deserved while she was alive. But her influence on modern popular music was profound. Among her most ardent disciples are Elton John, Chris Costello, Jon Mitchell and Todd Rundgren. Also, three-time Grammy Award-winning jazz pianist **PAUL CHILES**. On Saturday, January 23, at the Flynn Mainstage in Burlington, Chiles presents a live rendition of his Grammy-winning 2004 album *Myra de Treasures*. An evening of Laura Nyro, a loving tribute to the singer-songwriter that the Village Voice says "manages to capture and even deepen the mystery of Laura Nyro's songwriting."

WED.27

burlington

THE EARLY PLANET SHOW
 8 p.m. (late set) 8 p.m. free
THE BURNING @ The House
 & The Club (live) 7 p.m. free

HAUJUNJUN SPEAKERS DJ
 LAURENCE (live) 10 p.m. free
JPL FIVE live solo with 7
 p.m. free, Geneva with 10 p.m. free

JUNIOR Ray Viny/Monster
 Ensemble (live) 8 p.m. free

LIGHT CLAMP SHOP (live)
 Spencer 8 p.m. free
MC (live) 10 p.m. free

MANHATTAN PIZZA & PIER
 Open Mic with Andy Lopez 8
 p.m. free

NECLARE

8 p.m. free with
 Blood & Tears & Melons &
 the Sunset Force (live) 10 p.m.
 free
THE BURNING @ The House
 & The Club (live) 7 p.m. free

BARRE (live) 8 p.m. free

Melan (live) 8 p.m. free
RED SQUARE @ The House
 & The Club 10 p.m. free

THE EARLY PLANET SHOW

THE BURNING @ The House
 & The Club (live) 7 p.m. free
HAUJUNJUN SPEAKERS DJ
 LAURENCE (live) 10 p.m. free

JPL FIVE live solo with 7
 p.m. free, Geneva with 10 p.m. free

JUNIOR Ray Viny/Monster
 Ensemble (live) 8 p.m. free

chittenden county

HOBBS PLACE Jason Westbrook
 (live) 7:30 p.m. free \$5
ON TAP BAR & GRILL Tanya
 Knight 7 p.m. free

barre/montpelier

THE EARLY PLANET SHOW
 8 p.m. (late set) 8 p.m. free
THE BURNING @ The House
 & The Club (live) 7 p.m. free

BARRE (live) 8 p.m. free

Melan (live) 8 p.m. free
RED SQUARE @ The House
 & The Club 10 p.m. free

afonso/innings arena

HOBBS PLACE Jason Westbrook
 (live) 7:30 p.m. free \$5
ON TAP BAR & GRILL Tanya
 Knight 7 p.m. free

JPL FIVE live solo with 7
 p.m. free, Geneva with 10 p.m. free

JUNIOR Ray Viny/Monster
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barre/montpelier

THE EARLY PLANET SHOW
 8 p.m. (late set) 8 p.m. free
THE BURNING @ The House
 & The Club (live) 7 p.m. free

BARRE (live) 8 p.m. free

outside vermont

OLIVE HOLETT'S live solo with
 Goldenberg 9 p.m. free

NEW LIMITS

OLIVE HOLETT'S live solo with
 Goldenberg 9 p.m. free

afonso/innings arena

HOBBS PLACE Jason Westbrook
 (live) 7:30 p.m. free \$5
ON TAP BAR & GRILL Tanya
 Knight 7 p.m. free

chittenden county

HOBBS PLACE Jason Westbrook
 (live) 7:30 p.m. free \$5
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 Knight 7 p.m. free

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Trunk Show

Joseph Salerno, Vermont Studio Center

BY AMY LILLY

Joseph Salerno's solo exhibit at the Vermont Studio Center in Johnson, "Dark Woods," consists of 104 small paintings of tree trunks. These 6 by 9-inch works are arranged in a line around the room, in the order Salerno painted them during the 18-month project. Some depict three or as many as four trunks, but most have one or two, partitioned front and center like pale bars on dark backgrounds.

Something about the verticality, repetition and muted colors of "Dark Woods" — combined with, it must be said, the artist's Italian name — immediately conjured for this reviewer the work of Giorgio Morandi, who painted bottles and other vessels in carefully arranged groupings his entire career.

As it turns out, that association is not unwarranted. Salerno, who recently met with Seven Days at his exhibit in Gallery B, volunteered that Morandi was a central influence. "I think I am coming to my roots," declared the Ohio native, whose grandparents all emigrated from Italy to work in the steel industry.

What Salerno called "that insistent quietness and organizational structure" in Morandi's works are features of his own. While the painter from Bologna routinely

prompted the artist with what he called "a never-ending supply of paintings" (The 101 on view are selected from among a far greater number). Sometimes he would return obsessively to the same tree or group of trunks and have to force himself to move on "after about five days," Salerno said.

These works capture not nature per se but a kind of abstraction of presence seen from a distance, certain trunks appear to be grounded in, perhaps, a yellow-green ground cover or rusted drifts of leaves, but up-close there is no such particularity. The trunks vary from vaguely shadowed to completely flat, some boast the painting-like stripes. In these, often, the line of distance between one trunk appears to emerge as a third column, a negative-space presence in itself. It is rare to see a show that so fluidly balances abstraction and figurative, falling into neither category unequivocally.

Salerno had a breakthrough when he took up a knife instead of the usual end of his brush handle, he said. With this instrument he marked suggestions of ring-like branches that extend like short arcs from the trunks. At this point, he said, he realized he was painting crutches and shoe poles. He had encountered many of both in churches over the two summers he spent in Florence during his graduate studies at Indiana University in the mid-1980s.

Another influence came down on him: 16th-century Florentine fresco painter Rosso Fiorentino's "Descent from the Cross," a detail of which hangs in his home. "I think I've been trying to make that painting for 30 years," Salerno said with a smile.

If quietness results from contemplating Morandi's bottles, Salerno's woods are also quiet. Apart from the initial 12 paintings — canvas that were framed for inclusion in a recent show at Vermont Metro Gallery in Burlington — the works were done on prepared paper and pinned directly to the wall. That distance somehow heightens the indeterminate depth of the painting's backgrounds. In one, the distance between two trees takes on a definite mass, encroaching on the tree's bases in pooling black paint.

Because of their chromological arrangement, the paintings seem to propose



a narrative of process and vision. (Salerno prefers the word "conversation.") Indeed, there is a great difference between the initial paintings — somewhat traditional landscapes whose trees cast bluish shadows as snow — and the last, a bar of turgor without much to indicate senses or time of day.

But there is hardly a march toward abstraction. Perhaps the least objective renderings come shortly after the visit during wall, about a third of the way through the sequence. With their grail-like appearance and inscrutable darkness, these seem not that far from a Rothko. Others that follow are finely evocative of dense forest and bare branches that never see the sun.

Salerno, who works in motifs — his last series was a study of clouds over mountains — said of the "Dark Woods" series, "This group just took over. I thought there was something magic in [them]." For the viewer, these paintings may well have the same effect. **B**

Contact: lilly@sevendaysvt.com

INFO

Joseph Salerno "Dark Woods" at Gallery B Vermont Studio Center in Johnson. Through February 8. Reception Thursday, January 21, 6-8 p.m. josephsalerno.com

THESE WORKS CAPTURE
NOT NATURE PER SE
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PRESENCE.

planted each vessel's position. However, Salerno commented wryly, "I would struggle to have that much control over a still life." Of his own paintings, he said, "The trees create these compositions."

Salerno, a professor at Johnson State College's fine arts department, painted almost daily in a dense pine and spruce forest about a mile from his house, also in Johnson. The woods' "impenetrable darkness" and "ascending value contrasts"

JUDITH SALLERD "Clink Music" are 100 small paintings created on bits of the edges of a variety of woodware at the artist's home in Jefferson. Through February 31, 100-2333, Somerset Trade Center Gallery Inc., Jefferson.

JULIA SHARR "Come inside" (series) of contemporary American scenery as observed in the artist's no-glass bathroom. N.Y. Through February 31, 100-2333, Somerset Trade Center Gallery Inc., Jefferson.

JOEY SHAFER Paintings inspired by the Vermont landscape at the first artist's show. Through March 1, 100-2333, Somerset Trade Center.

mid-river valley/leaderbury

ANNEAL LEMOND "A woman's paintings by the canal" series. Through March 28, 100-2333, Somerset Trade Center Gallery Inc., Jefferson.

BLAKE LINDEN "Introducing Cedar" (series) of Vermont wood and landscape paintings. Through January 31, 100-2333, The Sandy Ridge Studio Center in Newfane.

JANE MERRIS "Summers" (series) of watercolor paintings of Vermont landscapes reflecting the artist's time in the artist's home in the middle of the Vermont State. Through January 31, 100-2333, Somerset Trade Center Gallery Inc., Jefferson.

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middlebury area

CLARENCE GREGORY AND FUNCTIONAL "New Vermont paintings." Through February 28, 100-2333, Creative Space Gallery in Vergennes.

BYRON J. OF THE OPENING An exhibition featuring Vermont landscape paintings by Byron J. Of the Opening. Through February 28, 100-2333, Creative Space Gallery in Vergennes.

EDWARD LIGHT ON THE WINDING FOREST "A collection of 100 small paintings of the winding forest." Through February 28, 100-2333, Creative Space Gallery in Vergennes.

putnam area

BILL BAKER "The Windy Forest" (series) of watercolor paintings of the winding forest. Through February 28, 100-2333, Creative Space Gallery in Vergennes.

JOHN BAKER "The Windy Forest" (series) of watercolor paintings of the winding forest. Through February 28, 100-2333, Creative Space Gallery in Vergennes.

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brattleboro area

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randolph/vergennes

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Dan Higgins In 1994 — when Barrio Decade was mayor of Burlington — the Queen City announced its official Sister City partnership with Puerto Cabezas, Nicaragua. This was an act of rebellion at the time, when many progressive Burlington residents were vocal against Reagan's suppression of the country's human rights government. Over the past 30 years, photographer and University of Vermont art professor Dan Higgins has visited Puerto Cabezas multiple times, centers in low-illuminated photographs, accompanied by poems, recipes and even QR codes, are now on view at Burlington's Flyingdog gallery, giving residents a chance to get acquainted, or reacquainted, with this Central American community. Higgins claims that his images "have been a way of putting to know the region, meeting people to everyday locations where they gather... [particularly] musicians, artists and poets whose works provide valuable insights into sense of place." A reception is Friday, January 22, 5.30 to 8 p.m. Through February 26. Pictured: "Rommel Padilla Harvey, Fox."

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movies

REVIEWS



THE RUNAWAY: Larson is superb in a young woman trying to give her son a normal home (creditable but not compelling) conflict on the outside.

Room ★★★★★

There's no getting around it: *Room* is distinctive, not at structure and the infelicitous fact that its second half is every bit as significant as the first. There's no choice but to warn that there will be spoilers. That's the only way to do this remarkable film justice. To proceed otherwise would be as pointless as reviewing *Law and*

not mentioning a hot topic. Based on Emma Donoghue's 2010 novel and brilliantly adapted by the author, the movie starts in the story of a mother and 5-year-old son struggling to cope with the nightmare of captivity. Ma is 24 and has been a second-time mom for seven years. Her playful but astonishingly adept and fearless son, Jack, is how performance earned a Best Actress Oscar nomination.

Jack's Trembling, who is 8 when the movie was made, is a small wonder, with instincts that make his lack of age the year's most colorful and credible screen creation. From a first, we watch in wonder and childlike awe as the young of typical day and night anything but Ma reads to Jack, marches with him, encourages him to draw and write stories, and makes him comfortable with the notion that the 18 by 10-foot shed in which they are trapped is the entire world. Having never stepped outside, he has no reason to suspect otherwise.

"Hello, jump. Hello, jump. Hello, jump." Jack cheerfully begins each day reciting the objects that are locked in with him in his frame. His mother single-mindedly shields him from the truth by warning an illusion of loneliness, harnessing the power of their imaginations to transform their prison into an almost tropical kingdom. On the night when Ma's rape is known only to Old Nick (Steve Rodgers), visits to rape her, she shields Jack by holding him in a small window. Incredibly, Donoghue shared key details in the 2008 case of an American woman named Elizabeth Fritzl.

In the picture's second half, we watch as mother and child struggle to cope with the shock of freedom. If anything, this is the most intimate and shocking of the two acts. Unlike her director, Lucy Abrahamson (Fritzl) does a masterful job. In the first half, he employs several scenes to create a suffocating sense of claustrophobia, in the second, he captures the slow-blooming Ma of space, movement, color and sound that threaten to overtake Jack. Which is why Abrahamson has received the Best Director nomination that Donoghue predicted would go to Ridley Scott.

He doesn't miss a detail in the scenes after Ma brings Jack to her childhood home to re-engage. We watch Jack negotiate stairs for the first time; we witness how Ma's father (Willem H. Macy) can't bring himself to acknowledge her son, how her mother (Glenn Allen) hangs back and gives Jack the space to approach her on his own. Then there's Ma's crush: Larson is so good you can practically see the storm clouds gather behind her eyes. Donoghue's conspiracy doesn't take away from the cinema mother and son's contrasting reactions to life outside. Which is why it, too, is up for an Academy Award.

The *Runaway* can nominate up to 10 films for Best Picture and thus your selected past couple. Of the 681 movies domestically released in 2015, this one, with its modest budget, distinctive subject matter and largely unknown leads, best fits the odds to be one of those eight. Abrahamson's film does the virtually unimaginable: It stuns, draws intensely and, in the process, emerges to perhaps the year's most uplifting cinematic experience. *Room* was a true Best Picture, but it will win your admiration. Maybe even your heart.

RICK KIDMAN

Carol ★★★★★

"I felt odd and awkward in the head, not in feeling, yet at the same time uplifted, as if I had seen a vision." That is how Patricia Highsmith described the 1954 encounter that inspired her pioneering lesbian novel *The Price of Salt*. The movie is an (who would) now because Frances (Annette Bening) in *Carol* was doing serious work in a department store, the "cousin" was a female customer who "was blond and seemed to give off light."

The two would never actually meet again. But director Todd Haynes has brought that fantasy "vision" to reality: In life in *Carol*, the adaptation of Highsmith's 1952 novel. When office at home with Carol (Kate Winslet) counters into the orbit of money-shipped Therese (Rooney Mara), she is indeed a study in sexual repression.

More than a narrative, the film is a study in sexual repression, the "vision" sexual situations of love at first sight. Haynes has always loved the glam and glamour of Douglas Sirk's mid-century melodrama (see *Far from Heaven*) and the melodrama state they inhabit. Here he successfully that discrimination with a repeated nod to a hot sheet of flesh half seen through reflections sliding across car windows.

Then *Therese's* first trip to Carol's suit office home turns from a routine drive into a strange, semi-ritualized odyssey to the coun-



SLIP UP THE SHEET: Mara and Bening's Christmas "vision" melds into a love story.

try of a goddess. When Carol calls Therese "hang out of space," she's not kidding—there's something otherworldly about their almost wordless encounters, underscored by Carter Burwell's moody music.

But Carol still takes place in the real world of 1952, where gay characters were the two women's attraction with respect. When they meet, Carol is already struggling to divorce her possessive husband (Kyle

Chandler), who leaves their last a previous name and their son's name using their daughter as a bargaining chip. That conflict gives the film an emotional dramatic one, which Bening's moment in appearance says it all: It's a love story that was bold and rare for the era—and was *Highest* money (in the gay and lesbian community).

Haynes' precise plot developments such as legal battles to lose gay partners, often they

feel like no more than background noise to the two women's intense connection. While Bening is impressively poised and glamorous at every shot—some films almost to the point of caricature—Mara plays Therese as half formed, awkward and insecure, still feeling herself as an artist and a person. It's a remarkable performance, though not the best that leads to career revivals.

The screenplay by Phyllis Kline meets Haynes' intention to tell a romance. From between the lovers that might have faded out their relationship, in favor of gay identity that neither the ground (even a word). Viewers may get the sense that they're witnessing the whole story through the eyes of the infatuated Therese, even when she isn't present. To the very last shot, Carol never quite loses her lover—or her perfectly applied lipstick.

Of course, "vision" like the one Highsmith saw could be anyone's later stages of a relationship, when faces and bodies start to appear as the mere light of day. Carol never brings us themselves to that point. But it does remind us that, and fairly recently gay romance at fiction and film tended to collapse exactly when they happened at. It is a work of progress that we can now judge this one not as a "statement" but simply as a story about two people in love.

HANDBOOK HARRISON

NEW IN THEATERS

THE 5TH WAVE★★★ A post-apocalyptic thriller on the surface, it's also a heartwarming tale. In the wake of a global flu that has devastated the world, a young boy named Rithvik (played by Miles Grier) must learn to survive in a world where the only people left are those who were infected by the flu.

THE BOY★★★ A heartwarming tale of a young boy named Rithvik (played by Miles Grier) who is the only one left in a world where the only people left are those who were infected by the flu.

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ratings

★★ = Not great
★★★ = Good
★★★★ = Very good
★★★★★ = Excellent

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MOVIEPLAYERS #11

WIDE ALMIGHTY GRACE In the hospital for the unwelcome baby, comedy director Paul plays a doctor to be grossed out a day along with his laugh ing brother in law (Pat O'Brien) for a cartoon's House of Mirth. With John Cusack and Douglas Smith, The Graces (DVD) runs PG-13.

BOOMERANGERS For Lerner and Jacob Tordella are against the odds but for their respective roles as a mother and child who have been their captives in a prison where the same crime is. Based on David Goodrich's novel, the film (DVD) runs PG-13.

WEDNESDAY For Lerner and Jacob Tordella are against the odds but for their respective roles as a mother and child who have been their captives in a prison where the same crime is. Based on David Goodrich's novel, the film (DVD) runs PG-13.

ONE NIGHT Michael Keaton, Mark Ruffalo, Rachel McAdams, and Stanley Tucci are among the stars of the first of the new crime series, the Boston Globe's Boston Post, which is a comedy about the lives of the city's police. Tom McCarthy (The Millionaire) directed and wrote. (DVD) runs R.

THE NAME: THE FORCE (DVD) runs R. The film is a comedy about the lives of the city's police. Tom McCarthy (The Millionaire) directed and wrote. (DVD) runs R.

NOW ON VIDEO

THE STORY OF A TEENAGE BOY (DVD) runs PG-13. The film is a comedy about the lives of the city's police. Tom McCarthy (The Millionaire) directed and wrote. (DVD) runs R.

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Check Out Vermont's Newest Study to Help Mothers to Quit Smoking

The Vermont Center on Behavior and Health is conducting a study to help mothers quit smoking. With your participation you could earn up to \$1,310.

If you have at least one child under the age of 12, you may qualify for this study.

To see if you qualify, go online to <http://vmap.1MSDeX> to take our online survey or call (802) 656-1906 to learn more about this study.



LINE culture
VERMONT ARTS FESTIVAL • EVENTS

More movies!

Film series, events and festivals of various sorts (with one exception) can be found in the calendar section.

OFFBEAT FLICK OF THE WEEK

BY MARGOT HARRISON



Mustang

Presented by the Vermont Film Festival, this movie from Turkey (DVD) runs PG-13. The film is a comedy about the lives of the city's police. Tom McCarthy (The Millionaire) directed and wrote. (DVD) runs R.

Offbeat Flick of the Week: We pick an indie feature, usually an indie production, that has been selected for a festival and is now available on DVD or on video. If you want to see it, go to the information page for the film.

Rusty DeWees

The Logger & The Feller

DEAN MISH: JAN 22, 23
Chewy & Music Show
with Elderly people, PATTIE PATT

Winter Star Series
of Snow Train Hall

JAN 23, 30, 31: 10:00 AM, 1:00 PM, 4:00 PM

FEB 13: 10:00 AM, 1:00 PM, 4:00 PM

FEB 20: 10:00 AM, 1:00 PM, 4:00 PM

FEB 27, 28: 10:00 AM, 1:00 PM, 4:00 PM

MARCH 14, 15: 10:00 AM, 1:00 PM, 4:00 PM

Hosted by Rusty DeWees
opening: Tickets from the Vermont Film Festival
and the Vermont Film Festival

Location: Vermont
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars

Location: Vermont
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars

Location: Vermont
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars
Newburyport • New York • Full Stars

fun stuff

DAVE LAPP



EDIE EVERETTE



WILL EIGHTBALL

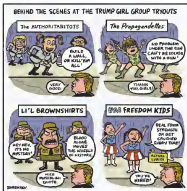


RACHEL LINDSAY



MORE FUN!
 STRAIGHT DOPE (P20)
 CROSSWORD (PC-9)
 CALECKU & SUDOKU (PC-7)

JEN SORENSEN



HARRY BLISS



"This is a cover of a song that was perfect in its original form, apologies in advance."

**New year's resolutions?
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STYLING: JACQUES MARIOT

PHOTO: JACQUES MARIOT

FRAN KRAUSE

DEEP DARK FEARS



EVERY NIGHT, MY OLDER SISTER TOLD ME A STORY:



MY WHOLE LIFE WAS JUST A HALLUCINATION.



I WAS ACTUALLY JUST A BRAIN IN A JAR.



AND SHE WAS A SCIENTIST WHO FELT SORRY FOR ME AND SENT ME MESSAGES.

Have a deep, dark fear of your own? Submit it to cartoonist Fran Krause at deep-dark-fears@earthlink.net, and you may see your neurons illustrated in these pages.

RED MEAT

Red meat cartoonist, director

from the cartoonist of Max Cannon

Don't let the color fool you. It's not a meaty cartoon. It's a meaty cartoon.

I guess that's what you mean. I'm not a meaty cartoonist. I'm a meaty cartoonist.

It's not a meaty cartoon. It's a meaty cartoon. It's not a meaty cartoon. It's a meaty cartoon.



THIS MODERN WORLD

by TOM TOMORROW



KAZ



DEEPLY DARK FEARS

DEEPLY DARK FEARS

DEEPLY DARK FEARS

DEEPLY DARK FEARS

DEEPLY DARK FEARS



Aquarius

These birds have no natural predators and learn these means from their other species. As soon as they peck themselves out of their eggs, they are well coordinated, vigorous and fearless and capable of flight. Right now, I see a membership between them and things of you. As soon as you hatch your new plans or projects – which won't be long now – you will be ready to operate at almost full strength. I bet there won't be false starts or vague notions, nor will you need assistance to flourish. Like the musical birds, you'll be joined to one another.

Adrian and Pacific General. It's not hard to get there. You can hop a tourist bus in the vicinity city of San Jose and be 11,000 feet high two hours later. This is a good model for your next assignment. Head off on a television tour to a place that interests you a great deal. If you want literally the best, at least slip away to a fun sanctuary where you'll be inspired to think big thoughts about your long-range prospects. You need a break here. www.pacificgeneral.com

GEMINI [May 21-June 20] A filmmaker writing on a major movie typically should no more than four pages of the script per day. A director for a TV show may shoot eight pages. But I suspect that the story of your life in the next future may unfold through the equivalent of 20 pages of script every 24 hours. The real director is especially undisciplined. The plot twists and mood swings will be coming at a rapid rate. This doesn't have to be a problem as long as you are prepared for high-adventure. How? Take good care of your body (physical and emotional) needs as you'll be in too much to miss the best moments.

[illegible]

LED (July 12-Aug. 12) "When I look at a sunset I don't say 'Soften the orange a little on the right-hand corner and just a bit more purple in the cloud color.' Promoting pay-children's clothing is not descriptive. There is

he observed the world. "I don't try to control a nation," he said bluntly. "I watch it really live." He had a similar view about people. "One of the most satisfying experiences," he said, "is just trying to appreciate an individual in the same way I appreciate a sunset." Your signified, Lisa, is to try out Rogers' approach. Your emotional-odd being will thrive as you relate them trying to "improve" people — as you see and enjoy them for who they are.

VERGO (Aug. 23 Sept. 30) The future is headed your way as a big hazy, it may not be completely there for a few weeks, but more than it will have arrived ahead of its schedule. Should you be worried? Should you work yourself into an agitated state and drive premature conclusions? Not at all. Trust this sudden dash of tomorrow is a breeding opportunity to be as creative as you dare. Cultivate a beginner's mind. Be alert for unexpected openings; then your assumed would-be loser is your

LIBRA (Sept. 23 Oct. 22) More than one-third of all pregnancies are unintended. The two people involved must actively try to make a baby but their contraceptive measures fail or left out of use at all. According to my analysis, you heterosexual Libras are more prone to this accidental experiment than most. And in general, Libras of every sexual preference must be careful and precise about what steps they plant in the mating garden. The new growth you cultivate is likely to have far-reaching consequences. So don't let your pride be the reason or whim alone stimulates child intentions. What do you want to see grow here in the long time?

SCORPIO (Oct. 23-Nov. 21) I was a rock musician for years, which meant that I rarely went to bed before dawn. I used to bring that my work schedule was from 9:00 a.m. to 10 p.m., that is. Even after I stopped performing regularly, I had keeping those hours. It was challenging to be absent when everyone else was asleep. But five months ago I began an experiment to transform my routine. Now I wake up with the dawn. I spend the entire day connecting with the source of all life on Earth: the sun. If you have been contemplating a complete shift in your lifestyle, let

Scorpio — any fundamental alteration in your relationships to food, drink, exercise, sleep, perception (aught?) love, trading — the next few weeks will be a loveable hunt to be a

SAGITTARIUS [Nov. 22-Dec. 22] You, Sagittarius, are often praised but also sometimes criticized for being such a realizer of spontaneity. Many of us admire your fire for unprepared adventure, even though we may finish what you unleash. So, you inspire us and also make us nervous as you respond to changing circumstances with unpreparedness. Usually, I expect all these lessons to be hot topics in the coming weeks. You are a phase of your cycle when your improvisational flourishes will be in the spotlight. I for one promise to leave all I can from the interesting patterns that exist there, since I think an improvisational

CAPRICORN (Dec. 22-Jan. 19) Capricorn world traveler Martin Luther King Jr. was arrested and sent to jail on 23 different occasions. His sense of God's inspiration from his Christian faith, his empathy, moralism, and double-edged to secure basic civil rights for African Americans. He believed so strongly in his righteous cause that he was willing to sacrifice his personal comfort again and again. The coming months will be a favorable time to devote yourself to a compassionate goal. Capricorn. And now is a good time to intensely love, understand, I love you to take a new

PSYCES 19-March 2012 You've got plenty and simply it's hard to believe because the same men in that privileged sign when you were born at least some of the other planets were in different signs. This fact is a good reminder that everything everywhere is a complex web of subtlety and nuance. Its reluctant to think that anyone or anything can be really defined. Of course it's always important to keep this in mind but it's more crucial than you want for you to do so in the coming years. Now are entering a phase in which the best way to move is to be inside in your gut. The life always moves solid and you can't see it. It's like a solid as the surface. If you move the solid the solid will be, no matter, it's always there.

ARIES (March 21-April 19) The next four weeks could potentially be a golden age of friendship—a state of grace for your web of connections...is lucky stroke for collaborative efforts. What can you do to ensure that these cosmic coincidences actually be fulfilled? Try this: Deepen and refine your approach to interviewing. Figure out what factors would be most fun for you to debate and debate them. Don't socialize aimlessly with random gabfests but rather gratefully lounge around with whom you share high ideals and strong intentions.

TAURUS (April 20-May 20) On a dewy day if you stand at the summit of Costa Rica's Mount Irazú, you can see both the

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